

Self-Direction

Your Care. Your Choice.



Self-Direction is an alternative method for obtaining supports and services. It is the act of selecting, directing and managing one's services and supports. Individuals who self-direct their services are able to decide how to spend their CMH services budget with support, as desired.

Principles of **Self-Determination** and **Self-Directed Outcomes**

Freedom

Deciding how to live a good life.

Authority

Controlling a targeted amount of dollars.

Support

Organizing resources in ways that are life enhancing & meaningful.

Responsibility

Using public funds wisely.

Confirmation

Having a role in redesigning the service system.

Benefits of Self-Direction

- Choose the people who help you achieve your goals
- Choose the schedule and location you work with them
- Control your own budget
- Use Medicaid funds to meet your support needs

Examples of Self-Directed Services

- **Community Living Supports:** Services to assist with learning and maintaining independent living skills in your home and community.
- **Skill Building Services:** Services to assist with learning skills for employment.
- **Respite:** Services designed to give your caregiver a break from your care.
- **Therapy Services:** Services designed to assist with developing skills to manage your symptoms.

Self-Determination

Self-Determination (SD) is the right of all individuals to have the power to make decisions for themselves; to have free will. The goals of SD, on an individual basis, are to promote full inclusion in community life, to feel important, and increase belonging while reducing the isolation and segregation of individuals who receive services. SD builds upon choice, autonomy, competence, and relatedness which are building blocks of psychological wellbeing.

THROUGH SELF-DETERMINATION &
PERSON CENTERED PLANNING YOU
ARE IN CONTROL.

How HealthWest Can Assist

PERSON CENTERED PLANNING PROCESS

Person-centered planning is a collaborative, person-directed process designed to assist an individual to plan their life and supports.

Please contact your case manager if you are interested in self-directing your services!

HealthWest uses Stuart Wilson and GT Independence as Fiscal Management Services (FMS) to help ensure compliance with Medicaid and employment laws. FI completes background checks, sets up the employee's budgets, processes timesheets, monitors training requirements and more.



**Self-Direction
Frequently
Asked
Questions**

bit.ly/3AtnDfy