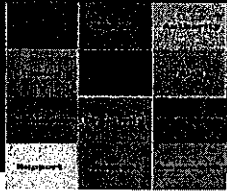


## Self Direction



Laura Mitchell and Nicole Riccio

**YAI** Seeing beyond disability.

---

---

---

---

---

---

## Self Determination

- With Self Determination, idea is that we possess the power and resources to fulfill our own potential
- Rights to rich experiences, learning opportunities and freely given relationships
- Choice to run own life and control own money, services and supports
- Opportunities to participate and contribute to community
- Support to self advocate and participate in policy making

**YAI** Seeing beyond disability.

---

---

---

---

---

---

## A Self History

- Self direction models a product of independent living movement
- Self determination demonstrations led Congress to establish several medicaid self directed funding options
- New York State (NYS) one of the first states to have a self direction program approved as part of its federal medicaid waiver program
- NYS Office for People with Developmental Disabilities Self direction program originally called Consolidated Supports and Services (CSS)
- CSS model needed to be changed in order to comply with all federal guidelines
- New model of self direction implemented October 2014

**YAI** Seeing beyond disability.

---

---

---

---

---

---

## Understanding Self-Determination

- A model or way of delivering services ( Not a service )
- Funded by Centers for Medicare and Medicaid Services (CMS) and administered by Office of People with Developmental Disabilities (OPWDD)
- Offers a way to tailor specific services and supports to meet the needs of a person
- Offers more choices and flexibility
- Based on right to self determination
- Do not need to self direct all services - Can be a hybrid

**YAI** Seeing beyond disability.

---

---

---

---

---

---

---



---

---

---

---

---

---

---

## Key Components of Self-Determination

- Self direction allows for a person to choose:
  - Employer Authority and / or Budget Authority
  - What supports and services will be beneficial
  - How and when supports and services are provided
  - The staff and/or organizations to provide supports and services
  - Type of supports and services
    - Home and Community-Based Services (HCBS) waiver supports, NYS funded supports, and/or community supports
- Can allow a person to purchase alternative goods and supports not traditionally available
- The person assumes responsibility for the results of these choices
- Receives guidance from Planning Team
- Ensures safeguards

**YAI** Seeing beyond disability.

---

---

---

---

---

---

---

Steps in the process of Self Direction

1. OPWDD Eligibility and Front Door
2. Connect to DDRO Self Direction Liaison
3. Medicaid Service Coordinator (MSC)
4. Individual Service Plan (ISP)
5. Person Centered Planning (Start Up Broker)
6. Individualized Budget
7. Support Broker (Support Plan - Part of Support team)
8. Launch Meeting
9. Assistance in Support of Self Direction

**YAI** Seeing beyond disability.

---

---

---

---

---

---

---

---

Employer Authority

The self-directing person is responsible for:

- Hiring staff
- Setting staff schedule
- Arranging for backup staff
- Training staff
- Firing staff

Receives assistance from Planning Team

**YAI** Seeing beyond disability.

---

---

---

---

---

---

---

---

Budget Authority

The self-directing person is responsible for:

- which services are covered under the budget
- who is paid to provide the services
- decisions about staff wages
- managing the budget
- needs to be updated 1x / year

**YAI** Seeing beyond disability.

---

---

---

---

---

---

---

---

## Planning Team

### What is a Planning Team?

- A group of advisors chosen by the self-directing person to help create a support and spending plan by identifying goals and needs (Used to be Circle of Support)

### Who should be on a Planning Team?

- Person receiving services
- MSC is required to participate at every meeting
- Support broker does not have to be a member (but typically is)
- Most Teams are comprised of the family and staff supporting the self-directing person
- Teachers, paraprofessionals, guidance counselors, behavior consultants, religious advisors, coaches, and club leaders can all be helpful members
- Throughout the process, the person can invite anyone they trust to provide guidance

People can come and go as they please; it is not a lifetime commitment

**YAI** Seeing beyond disability.

---

---

---

---

---

---

---

---

## Planning Team

### What does the Planning Team do?

- Formulate ideas
- Helps develop a budget based on supports and services needed
- Develop strategies
- Solve problems
- Facilitate community involvement
- Train staff
- Keep the focus on the person

Meet regularly while the person is developing their plan

Required to meet at least four times a year

**YAI** Seeing beyond disability.

---

---

---

---

---

---

---

---

## Steps toward budget

1. Each person allowed a certain amount of funding based primarily on the DDP2 (Developmental Disabilities Profile Form - Sample attached)
2. Amount of funding allowed called Personal Resource Account (PRA)
3. PRA, ISP ( Individualized Service Plan ) and additional service needs determine budget
4. Once determined, budget submitted for approval from state
5. Launch Meeting

**YAI** Seeing beyond disability.

---

---

---

---

---

---

---

---



### Startup and Support Broker

- Start up broker helps formulate person's budget and identify services and supports as well as attends launch meeting
- Start up broker can become support broker or may choose separate person to be ongoing support broker
- Support broker provides ongoing support in the management of services and budget
- The broker is not authorized to provide any other waiver services
- It is suggested a person stay with the same broker, but has the right to change brokers at any time
- Person chooses a broker from a list provided by an OPWDD liaison or their MSC
- A broker list by county is also available online at <http://www.opwdd.ny.gov/broker-listings>

**NAI** Seeing beyond disability.

---

---

---

---

---

---

---

---

### Understanding Fiscal Intermediary (FI)

- A Fiscal Intermediary (FI) is a non profit agency a person hires that is responsible for billing all self-direction component services to Medicaid
- Background checks on staff
- Keeps book and pays staff
- Monitors and reports annual budget
- Maintains records needed for Medicaid compliance
- Bills eMedNY for all services
- Employer of Record

**NAI** Seeing beyond disability.

---

---

---

---

---

---

---

---

### Video: Experiences from a Broker

<https://drive.google.com/open?id=0B6FGT4Q91FwZVVN4UzBmeXFDmFk&authuser=0>

**NAI** Seeing beyond disability.

---

---

---

---

---

---

---

---

## Three Types of Self-Direction Plans

- Services fall under 3 types of plans ( different ways to budget)
  1. Residential only ( RES ) ( in home services - empowering people to be independent)
  2. Other Than Residential ( OTR ) ( community services - integration in to community)
  3. Both RES and OTR
- Most people choose to opt for both types of services
- Exception: if live in a certified setting like an IRA ( group home) - can only opt for OTR <sup>services</sup>

**YAI** Seeing beyond disability.

---

---

---

---

---

---

---

---

## Examples of Service Types

Residential / In Home Services	Other than Resid'l / Community Services
Independent living skills	Job Development / Coaching
Personal health / Hygiene	Adult education ( not toward credit for degree)
Day planning / Household budgeting	Transportation
Meal prep / Cooking / Grocery shopping	Community inclusion
Cleaning / Laundry	Social skills
Home safety prevention	Exercise / Wellness
Housing subsidy / Transition stipend ( when live on own)	Entrepreneurship
Live in caregiver ( when live on own)	Personal care
Paid neighbor ( when live on own )	Day Hab / Pre Voc / Access VR ( Agency Directed )

---

---

---

---

---

---

---

---

## Services

Self Hired/Individual Directed Services	Services Supporting Self Direction
Community Habilitation (CH)	Live-In Caregiver (LIC)
Supported Employment (SEMP)	Support Brokerage
Respite staff	Fiscal Intermediary
	Individual Directed Goods and Services
	Community Transition Services

**YAI** Seeing beyond disability.

---

---

---

---

---

---

---

---

### Live-in Caregiver (LIC)

- An individual who provides required supports to help meet the person's physical, social or emotional needs, so they can safely and happily reside in their own home
- Caregiver cannot be related to the person by blood or marriage
- The person must live in their own home or leased residence
- What can be included in budget for an LIC:
  - LIC's share of the rent, utilities, food

**MAI** Seeing beyond disability.

---

---

---

---

---

---

---

### Individual Homebased Core Services (IHCS)

- Services, equipment, or supplies that address a need in the person's service plan.
- These can include:
  - Transportation
  - Small kitchen appliances,
  - Laundry services,
  - Chore services,
  - Massage therapy,
  - Gym memberships,
  - Recreational activities,
  - Creative arts, etc.

**MAI** Seeing beyond disability.

---

---

---

---

---

---

---

### Community Transition Services (CTS)

- What are Community Transition Services (CTS)?
- A service that funds set-up expenses for a person who is moving from a certified institutional or residential setting to their own home in the community of their choice where the person is responsible for his or her own living expenses
  - Can also be used when a person is moving from their family's home to their own residence
  - This service can only be used once

**MAI** Seeing beyond disability.

---

---

---

---

---

---

---



## Employment Supports (SEVP)

These supports include:

- Helping a person find a job
- Helping a person sustain paid employment by providing:
  - Supervision
  - Counseling and training
  - Addressing work behaviors
  - Mobility needs
  - Developing interpersonal skills, etc.

**YAI** Seeing beyond disability.

---

---

---

---

---

---

---

## Community Habilitation (CH)

Can include:

- Face-to-face habilitation and/or
- "Hands-on support services"

Occurs:

- At home and
- In the community
- A person's needs and interests dictate what supports are required in habilitation plan
- Person hires the staff necessary to help meet Community Habilitation goals
- Choosing to exercise Employer Authority

**YAI** Seeing beyond disability.

---

---

---

---

---

---

---

## Respite

- Supervision of a person living with family
- On a short-term basis, when regular caregivers are unavailable
- Either within the family's home or a freestanding respite facility

( Does not include: Habilitation supports and / or Transportation )

**YAI** Seeing beyond disability.

---

---

---

---

---

---

---

### Steps Needed to Participate in SID

1. OPWDD Eligibility and Front Door
2. Connect with DDRO Self Direction Liaison
3. Medicaid Service Coordinator (MSC)
4. Individual Service Plan (ISP)
5. Person Centered Planning (Start Up Broker)
6. Individualized Budget
7. Support Broker (Support Plan - Part of Support team)
8. Launch Meeting
9. Assistance in Support of Self Direction

**YAI** Seeing beyond disability.

---

---

---

---

---

---

---

---

### Guidance

**YAI** Seeing beyond disability.

Understanding all the information may seem a little overwhelming so remember **this is a starting place.**

Is Self Direction Right for you?

- Eligible for services through the NYS Office for People with Developmental Disabilities
- Desire more choice and flexibility in services
- Time to invest in getting services lined up and ongoing oversight
- Proactive and self motivated
- Willing to accept some extra responsibilities

**"Don't limit yourself to someone else's opinion of your capabilities. Be you. Dream, plan, execute!" - Steve Maraboli**

---

---

---

---

---

---

---

---

### Follow Up Questions

Laura Mitchell  
[laura.mitchell@yai.org](mailto:laura.mitchell@yai.org)

Nicole Riccio  
[nicole.riccio@yai.org](mailto:nicole.riccio@yai.org)



**YAI** Seeing beyond disability.

---

---

---

---

---

---

---

---

## Introduction

### Overview of Self-Direction:

- "Introduction to Self-Direction," Office for People with Developmental Disabilities, New York, 3 Apr. 2015. Lecture.
- L. De Mito. *Cash & Counseling: This National Program Introduced or Expanded Participant-directed Personal Assistance Services in Medicaid*. Rep. Robert Wood Johnson Foundation, 28 Feb. 2015. <<http://www.rolf.org/files/2015/02/cash-counseling-hlmj>>.
- *The Case for Medicaid Self-Direction: A White Paper on Research, Practice, and Policy Opportunities*. Rep. National Council on Disability, 2013. Web. <[http://www.ncd.org/publications/2013/02/22/2013\\_03](http://www.ncd.org/publications/2013/02/22/2013_03)>.
- "Powerpoint Presentation on Self-Direction from 3/10/15 Meeting." New York, New York, OPWDD ny gov. Web. 10 Mar. 15. <<http://www.opwdd.ny.gov/NODE/6844>>.
- Idaho Department of Health & Welfare. *A New Choice for Individuals with Disabilities. My Choice My Voice*. Web. <<http://selfdirection.idaho.gov/2014/08/06/medicaid-expansion-for-individuals-with-disabilities-structure.pdf>>.
- "Frequently Asked Questions: Self-Direction in NYS." *Nysae.org*. New York Self-Determination Coalition, n.d. Web. <<http://nysae.org/faq>>.
- *Self-Direction in New York: A Practical Guide for Families*. Rep. The New York Self-Determination Coalition, Fall 2013. Web. <<http://nyselfd.org/wp-content/uploads/2013/11/nys-self-directed-services.pdf>>.

**NAI** Seeing beyond disability.

---

---

---

---

---

---

---

---

---

---

## Introduction

### Redesign of Self-Direction:

- "Statewide VC for Individuals and Family Members." New York, New York, 18 June 2013, OPWDD.ny.gov. <[http://www.opwdd.ny.gov/weboperation/000selfdirect\\_service\\_appfora](http://www.opwdd.ny.gov/weboperation/000selfdirect_service_appfora)>.
- "Self-Direction Redesign Power Point - individuals & Families." New York, New York, OPWDD.ny.gov. Web. <[http://www.opwdd.ny.gov/transition/agreements/CSSRedesignPPT\\_Individuals](http://www.opwdd.ny.gov/transition/agreements/CSSRedesignPPT_Individuals)>.
- "Self-Direction Redesign O&A." New York, New York, OPWDD.ny.gov. Web. Apr. 2014. <[http://www.opwdd.ny.gov/opwdd\\_services\\_supports/supports\\_for\\_independent\\_and\\_family\\_fing-consolidated\\_supports\\_and\\_services\\_self-direction-redesign-oa](http://www.opwdd.ny.gov/opwdd_services_supports/supports_for_independent_and_family_fing-consolidated_supports_and_services_self-direction-redesign-oa)>.
- New York State Medicaid Update. Publication no. 10. Health.ny.gov, Nov. 2014. Web. <[http://www.health.ny.gov/fact\\_sheets/updates/2014/nov14\\_mu.pdf](http://www.health.ny.gov/fact_sheets/updates/2014/nov14_mu.pdf)>.
- "Self-Direction Redesign Power Point - Fiscal Intermediary & Support Broker." New York, New York, OPWDD.ny.gov. Web. <[http://www.opwdd.ny.gov/transition/agreements/CSSRedesignPPT\\_Brokers](http://www.opwdd.ny.gov/transition/agreements/CSSRedesignPPT_Brokers)>.

**NAI** Seeing beyond disability.

---

---

---

---

---

---

---

---

---

---

## Introduction

### Supports and Services:

- "Self-direction of Community Habilitation Services, Statewide VC for Providers." New York, New York, OPWDD ny gov. Web. 30 Sept. 2013. <[http://www.opwdd.ny.gov/weboperation/000selfdirect\\_service\\_appfora](http://www.opwdd.ny.gov/weboperation/000selfdirect_service_appfora)>.
- Office for People with Developmental Disabilities. *Administrative Memorandum #2015-06*. By Katherine Marley, Megan O'Connor-Hewitt, Kevin Valencas, and Helene DeSanto. Opwdd.ny.gov, 13 Apr. 2015. Web. <<http://www.opwdd.ny.gov/node/6874>>.
- Office for People with Developmental Disabilities. *Administrative Memorandum #2015-04*. By Katherine Marley, Megan O'Connor-Hewitt, Kevin Valencas, and Helene DeSanto. Opwdd.ny.gov, 10 Apr. 2015. Web. <<http://www.opwdd.ny.gov/node/6871>>.
- "Fiscal Intermediary Services O&A." New York, New York, OPWDD.ny.gov. Web. 3 Dec. 2014. <[http://www.opwdd.ny.gov/opwdd\\_services\\_supports/supports\\_for\\_independent\\_and\\_family\\_fing-consolidated\\_supports\\_and\\_services/opwdd/transition/agreements/CSSRedesignO&A](http://www.opwdd.ny.gov/opwdd_services_supports/supports_for_independent_and_family_fing-consolidated_supports_and_services/opwdd/transition/agreements/CSSRedesignO&A)>.
- Kelley, Lisa A. "Reconciling Progress and the Opportunities and Challenges Ahead." New York, New York, OPWDD.ny.gov. Web. 10 Mar. 2014. <[http://www.opwdd.ny.gov/transition/agreements/CSSRedesignPPT\\_Individuals](http://www.opwdd.ny.gov/transition/agreements/CSSRedesignPPT_Individuals)>.
- "Circle of Support." New York, New York, OPWDD.ny.gov. Web. 25 Nov. 2013. <[http://www.opwdd.ny.gov/transition/agreements/CSSRedesignPPT\\_Brokers](http://www.opwdd.ny.gov/transition/agreements/CSSRedesignPPT_Brokers)>.

**NAI** Seeing beyond disability.

---

---

---

---

---

---

---

---

---

---

