



Why Self-Directed Care

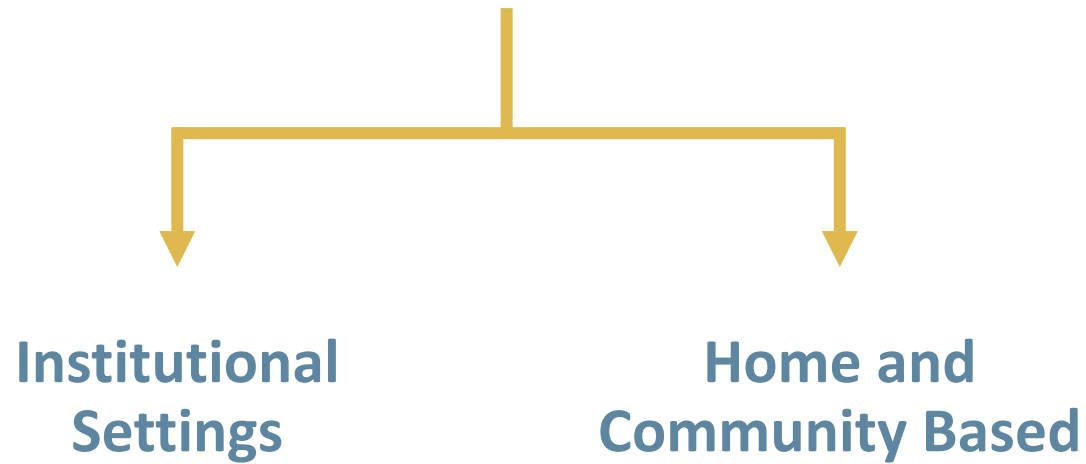
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Objectives

- What is Self-Direction
- Traditional Services vs. Self-Directed Services
- Benefits of Self-Directed Care
- Participant Story
- NC Waivers
- Q&A



Long Term Services and Supports



What Is Self-Direction?



Self-determination helps people of all ages, with all types of abilities, maintain their independence at home by controlling **who, what, when, and how** services are provided to them.

Self-Directed Programs

- Medicaid Waivers
 - 1915 (c), (b)
 - 1115
 - 1915 (j), (k), (i)
- Veteran's Affairs
- Money Follows the Person
- Private Pay

Models of Self-Direction

Agency
With Choice



Employer
Authority



Modified
Budget
Authority



Budget
Authority

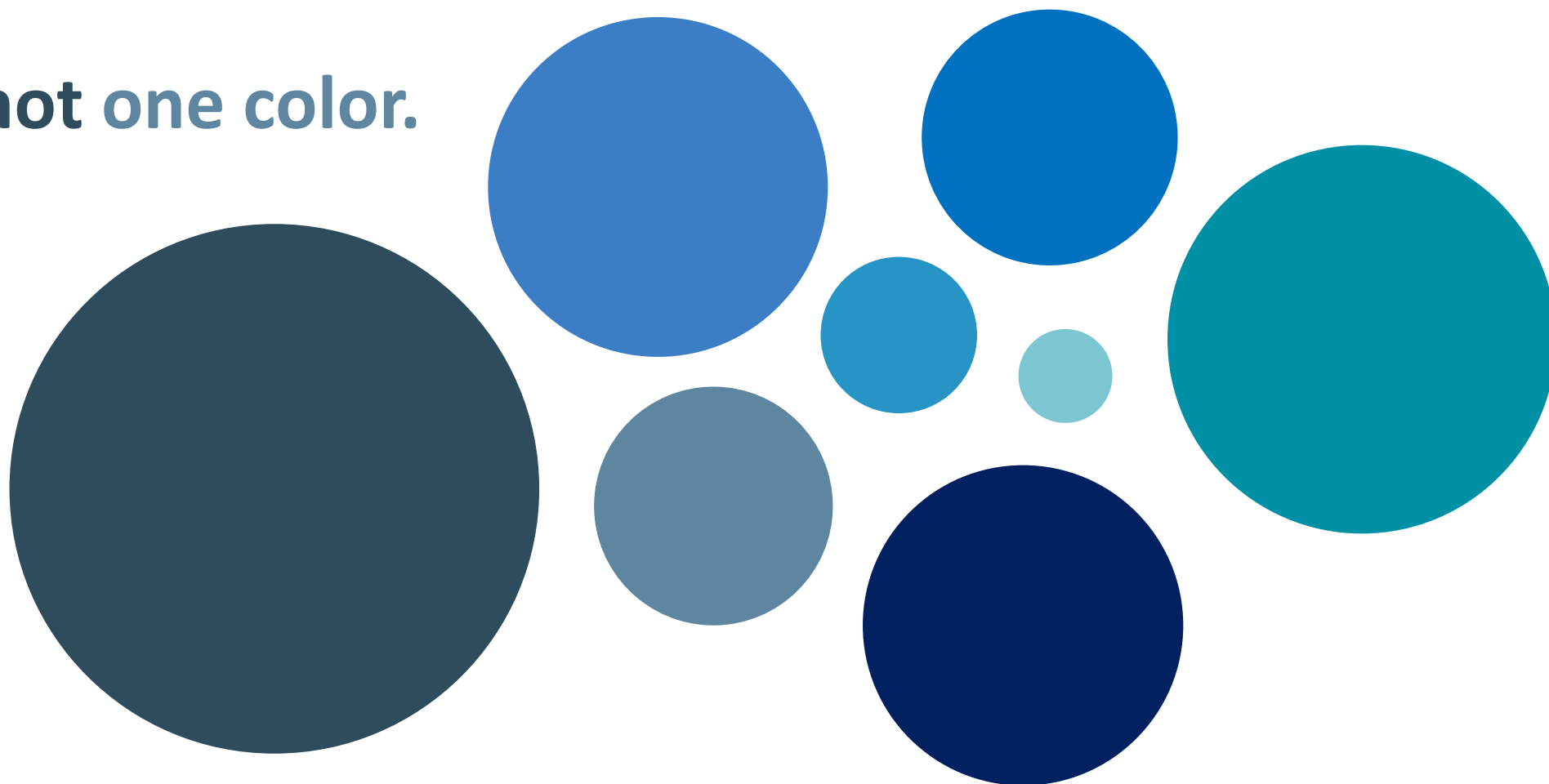


Cash and
Counseling



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Blue is not one color.





Traditional Services

vs.

Self-Directed Services

Do you have control?	Traditional Services	Self Directed Services
Recruit workers	X	✓
Set tasks	X	✓
Salary and benefits	X	✓
Set work hours scheduled	X	✓
Determine needs and services	X	✓



What choices did you make **today**?

- Did you choose when to wake up?
- Did you choose whether or not to shower?
- Did you choose what to wear?
- Did you choose what to have for breakfast or lunch?
- Did you choose where you would go today?
- Did you choose what you would do today?
- Did you choose who you would spend time with?



Advantages of Self-Determination

Great Caregivers – Individuals have complete control over all hiring and firing of caregivers to ensure they receive the care they need with a person of their choosing. Because of the cost savings of self-direction, individuals are often able to offer caregivers a higher hourly rate which translates into a higher quality of care.

Care Delivery – Individuals who self-direct make all the decisions of how, when and where they want to receive their care. Caregivers can be scheduled to meet the individual's needs, desired care times and care preferences.

Remaining in Home – Care services can be provided in an individual's home and can adapt to increased care needs. Individuals don't have to worry about changing their community or their familiar surroundings.

Supplemental Care – Self-determination care services can decrease the strain placed on family caregivers. Because of the flexibility of self-direction, individuals can hire caregivers as part-time staff to supplement the care received from family members.



Why Self-Determination?

- We know that with choice there are better outcomes.
- Self-Directing participants were up to 90% more likely to be very satisfied with how they led their lives.¹
- Self Direction significantly reduced participants' unmet personal care needs.²
- Primary caregivers were significantly more satisfied with their lives in general.
- People participating in self-directed programs report a higher quality of life than people participating in traditional care.³
- Participants and their closest family members are the experts when it comes to their own lives and needs.

1 Carlson, Barbara Lepidus, et al. (2007)

2 Shen, Smyer, Mahoney, Loughlin et al., (2008)

3 Dale, Stacy B. and Randall S. Brown. (2006)

Self-Direction Can Solve Problems

Self-Direction reduces costs spent on long term services and supports. One study showed a cost savings of **12.4% to 15.5%**.¹

We have a growing population of Baby Boomers and a shortage of caregivers. Self-Direction brings caregivers into the workplace who may not otherwise have chosen that particular career path.²

¹ Conroy, Crowley, Rankin (2014)

² Farrell (2018)





Advocating for Self-Direction

Speak up!

Comment on policies.
Foster choice.

Educate yourself!

Learn about your state's programs.

Get Involved!

Find advocacy groups.

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How Do I Get Services?

| GT Stories



Barriers to Self-Direction

- Not available
- Lack of information
- Perception of fraud
- Stigma
- The myth that it's too much work
- Recruiting workers
- DOL Rules don't necessarily align with Medicaid and Program rules

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Still Skeptical?

What if you needed support?





“ Independent living is not doing things by yourself, it’s being in control of how things are done.

Judy Heumann



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Q & A



Thank You