

5 Steps to Get You Started With Controlling Your Own Care

With **Participant Direction Option (PDO)**, you get to make all the choices for your long-term care. And you can get support right in your own home and community. Here's how to get started.



1

Step 1

Contact your local **Aging and Disability Resource Center (ADRC)** and **complete an assessment** to see if you qualify for **Medicaid Long-Term Care Program**.

Step 2

2

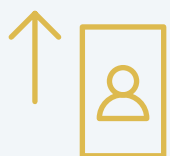
After completing the assessment, you will get on a waitlist for the **Medicaid Long-Term Care Program**.



Step 3

3

Once you have qualified for **Medicaid Long-Term Care Program**, you can select your **Medicaid health insurance company**. Here at GT, we work with Humana and Sunshine Health.



Step 4

4

Discuss your options to control your care with your case manager. Be sure to mention that you are interested in PDO.



Step 5 Work with GT Independence to get support that fits your lifestyle.

Need help with the process?

We're here to support you from *Step 1*.