

# What you need to know about self-direction.



## What is self-direction?

Self-direction is when people choose services and support to meet their needs. It gives you the ability to select, hire, train, manage and fire your own personal assistants. And you can manage your personal assistance hours to meet your needs.

## How does self-direction work?

Self-direction starts with a person centered planning process to help you figure out what supports are most important to you. You can choose to self-direct some or all of the services that help you:

- Live in the home and community of your choice.
- Work, volunteer and do activities you enjoy.
- Have relationships with family and friends.
- Be healthy.

Your UnitedHealthcare Care Coordinator can help you learn about what service options are available to you.

## Who can help me get started?

If you choose to self-direct, you or your representative will choose a Financial Management Service (FMS) provider. The FMS will provide you with administrative support such as processing payroll. They will also provide you with an orientation and skills training on how to be an employer.

## Is self-direction right for me?

If you're enrolled in a Home and Community Based Services (HCBS) waiver, you can choose self-direction. Self-direction may be right for you if you:

- Want more flexibility with your services and schedule.
- Are ready to make decisions about your services on your own or with help.
- Want to take more responsibility for managing your services.

Before you get started, take time to think about what kinds of support you need at home, in your community and in your daily life. If you try self-directing your services and it's not right for you, you can choose to use agency care instead.



## What are the benefits and responsibilities of self-direction?

You have the right to have control of your life decisions and services. They include:

- Hiring, training and managing your personal assistant (PA) or direct support worker (DSW).
- Deciding how the help you need is provided. You will do this by creating a budget.
- Tasks like dressing, bathing, transferring, shopping, cooking, eating, laundry and housekeeping.
- Being able to replace PAs/DSWs who don't respect your rights.
- Be treated with dignity and respect, which includes respect for your privacy and confidentiality.

## Resources about self-direction:

These resources may help you in finding more information:

The Kansas Personal Assistance Supports and Services (K-PASS) Self-Direction Toolkit (University of Kansas) and Self Advocacy Coalition of Kansas (SACK). They both provide people with disabilities, case managers and others the information and tools needed to self-direct any part of their personal assistance services.

Kansas has a Vendor Fiscal Employer Agent model of Financial Management Service (FMS). FMS agencies have contracted with KDADS to perform administrative and payroll functions. Your Care Coordinator will provide you a choice of FMS Providers available in your area.