

SELF-DIRECTED HOME CARE

10 reasons why self-directed care could be right for you or a loved one



We are committed to offering you facts. Here's what self-directed home care can do for you and your loved one.

- 01 Self-direction enables you or your loved one to keep living in your own homes, communities, and local support systems as opposed to restrictive institutional care.**

It might also be an option for individuals within residential facilities to move back home. The approach enables you to control and structure your own life.
- 02 Self-direction is flexible and personal.**

You work with a case manager¹ to determine your eligibility for a set of services. Together you tailor your requirements by choosing what support and services are needed, when they are needed by whom, and where. Your needs can change over time, and self-directed programs allow for that future flexibility.
- 03 Self-direction allows for creativity in support and care within your community.**

For example, your program design may include volunteering in the community, attending exercise classes, receiving training on new skills – all things that a traditional home agency or facility-based day care program wouldn't offer. A self-directed program could ALSO actually include use of a day-care option. You have the freedom to choose to pay for your worker to cook vs. pay for a home-meal delivery service. The creativity of services is based on your plan of care which is developed in collaboration with your case manager¹ appointed by the state or Managed Care Organization (MCO).
- 04 Self-direction allows you to choose a care/support worker you know, trust and relate to.**

This can include friends and may include family². A stranger is unlikely to deliver the same level of care/support as a loved one. You have the security of choosing and knowing who is coming into your home. You can hire workers that you feel most compatible with, including those that share your same interests and culture. For example, your 20-year old son is a passionate music fan. You may want his services to be delivered by someone who is similar in age, who shares that same passion for music.

- 05 Self-direction allows for control and being the boss.**
Avoid the frustration of not overseeing care/support workers yourself and leaving all to an agency. Rather than negotiate or complain to an agency about care/support workers being frequently late or failing to show up or not call to pre-warn, you are in control to deal directly with those situations.
- 06 Self-direction allows you greater access to care/support services in rural areas.**
The ability to hire friends or family² members is very important in rural areas where there are not enough home care workers or professional home care agencies.
- 07 Self-direction is cost effective and value for the money.**
As a self-direction program participant, you are given a budget and are put in charge of your money and what you want to spend it on (with restrictions). You manage your budget to pay your service providers. Studies show that people who use self-direction spend their money wisely, paying for the services that give them the most benefit. People use their budgets to get what they need, not simply to spend their money. Check out our comparison of long-term care options, which demonstrates the savings to an individual and their family.
- 08 Self-direction can also help you get more value for the money and more support.**
For example, if you hire a home care worker through an agency, you may pay the agency \$25 per hour from your authorized state budget, while the worker only receives \$15 per hour. With self-direction, you could pay your workers \$15 per hour directly (or more) and use the money you “saved” to pay for more hours and additional services.
- 09 Self-direction improves not only your life but your family, too.**
Several surveys have been done in which people who use self-direction are asked, “Are you happy with self-direction and would you recommend this approach to a friend who has similar needs?” In nearly all of these surveys, more than 90% of people say yes. Individuals, their families and their support/care workers all report high levels of customer satisfaction. Studies also show that, with self-direction, there are fewer hospital stays and lower rates of nursing home use.
- 10 Self-direction gives more power to you, instead of home care agencies or government agencies.**
It’s a fundamental change in the way people on Medicaid are directing their services. People from all walks of life can self-direct their services and supports. Children, adults, veterans and the elderly use self-direction. People with physical or intellectual disabilities and people with mental health issues use self-direction. And people who live in cities, suburbs, and rural communities in all 50 states use self-direction.

**Self-Direction is not for everyone.
Remaining at home may not be a long-term care option for certain individuals.
Some individuals are put off with the responsibilities of being an employer.**

Whatever your concerns or questions, we are here for you!

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