

Self-Directed Supports Option

All iCare Family Care Partnership Plan members have the opportunity to arrange, direct, and purchase long-term care supports and services for themselves through the Self-Directed Supports (SDS) Option. Self-directing services may offer a person a way to have more control over their services and supports to achieve their independent lifestyle and long-term support outcomes.

The Self-Directed Supports Option means:

- Making your own decisions about how you want to live your life and receiving the supports to achieve those outcomes.
- Having control over resources, services and support staff, including finances.
- Taking responsibility for personal decisions and actions.
- Staying within the established individual budget.
- Working with your care team to achieve health and safety outcomes.

Guiding Principles

- **Dignity and Respect:** All people have the right to be treated with dignity and to be respected as individuals.
- **Choice and Control:** People have the freedom to choose how, where and with whom they will live.
- **Responsibility for Finances and Actions:** Peo-

ple with choice and control have a responsibility to use and arrange natural and formal supports safely and effectively.

- **Choice Has Limits:** Funds must be used for supports and services that will help you achieve your outcomes.

Some Features of Self-Directed Supports

- As a member, you may choose to self-direct all or just some of the long-term care services aimed at achieving your outcomes.
- An individual budget will be established by your care team. It will be based on an amount necessary to achieve the outcomes identified in the assessment and planning process.
- You and your family, friends or other community supports use your individual budget to arrange self-directed services.
- Your care team and you or your community supports receive monthly reports of services provided, costs and balance of budget.

People Have a Choice About What Services They Self-Direct

Though mostly used for in-home care, SDS can also be used outside of the home for services such as transportation and personal care at your work place. You can choose to self-direct some or all of your long-term care services. For example, you could choose to self-direct services that help you stay in your home or help you find and keep a job, and use your care team to manage other services in your plan. If a member chooses to get involved in self-di-

rected supports, their interdisciplinary team will:

- Explain the variety of choices available to you
- Work with you to assess your needs
- Determine the amount of resources available to you
- Keep track of whether you are staying within your available resources and meeting your needs for health, safety and your outcomes.

What Steps Are Involved?

1. **Creating a Member-Centered Plan.** Your care team will help identify the outcomes desired and develop a service plan. All plans are member-centered, look to the future and address health and safety.
2. **Developing an Individual Budget.** The outcomes and service plan will guide the care team to establish a budget for the long-term care supports you have chosen to self direct.
3. **Shopping and Arranging for Supports and Services.** You and your community supports will work together to decide the details of how, when and who provides what supports at an identified cost.
4. **Hiring and Paying Providers.** You may be the employer of support staff or may arrange supports through an agency as co-employer. Other services may be purchased from a community service agency.
5. **Monitoring Services and Budget.** You and your community supports will monitor services and budget to assure that service quality and costs are acceptable.

Interested in the Self-Directed Supports Option?

- Talk to your care team about Self-Directed Supports as an option for you. Your care team will assist you and provide the information you or your community supports may need to implement a plan of Self-Directed Supports.
- Think about who you will want to employ, the outcomes you want to achieve and the costs that may be involved. Your care team will actively help you with the process of identifying outcomes, resources and costs.
- Plan to include the help available to you from family, friends and neighbors as part of your service plan. This allows you to have the people in your life involved in your support and care.

For More Information

For more information about the Self-Directed Supports option, call your local care team directly or:

For people 60 years of age and older call:

Milwaukee Aging Resource Center
310 W. Wisconsin Ave., 5th Floor West
Milwaukee, WI 53221
1-414-289-6874
1-866-229-9695
(TTY/TDD: 414-289-8591)
<http://www.county.milwaukee.gov/ResourceCenter12673.htm>

For people under 60 years of age call:

Milwaukee Disability Resource Center
1220 W Vliet St., Suite 3
Milwaukee, WI 53205
1-414-289-6660
(TTY/TDD:414-289-8559)

Interpreter and translation services are available free of charge. This document may be available in other formats upon request.

The iCare Family Care Partnership (HMO) is a Health Plan with a Medicare Contract. iCare also contracts with Wisconsin Medicaid.



Independent Care Health Plan
1555 N. RiverCenter Dr., Suite 206
Milwaukee, WI 53212

www.icare-wi.org

1-800-777-4376

1-414-223-4847

FAX: 414-231-1092

TTY 1-800-947-3529 or 7-1-1

Voice:1-800-947-6644 or 7-1-1

Self-Directed Supports Option

iCare Family Care Partnership (HMO)

