

What is Self-Direction?

Family Support 360 supports people of all ages who are living independently or with their families. Services are provided in the community and home. Every person who receives Family Support 360 waiver services has support from a Family Support Coordinator. Family Support Coordinators help people navigate both paid and unpaid services and supports. Their role is to support people to create a person-centered individualized support plan and help to advocate for a person to exercise individual choice and independence.

Self-direction allows individuals to receive supports in their own home, when they want it, where they want it and who provides their care. Self-directing your services means you are able to recruit, hire, and manage your own staff. That means that you can hire a family member to help with your supports. There are 4 self-directed services offered through the Family Support 360 waiver. They are personal care, respite care, companion care, and supported employment.

An example of self-direction is when person can hire a neighbor and good friend to help with intimate tasks like showering. When John schedules a job interview, he can reach out to his provider to help him prepare for the questions. If John gets the job, his provider can continue to help him with on the job supports.

How do I Self-Direct my services?

The role of your Family Support Coordinator is to assist you with the process. You should first work to identify which services you need to help you accomplish your vision of a good life. When you have identified what services you need, the next step is to identify the tasks (or job description) for the paid staff. You will also need to identify the number of hours per week needed.

When you have an identified job description and hours, you can begin looking for staff to fill the role. Your Family Support Coordinator can assist you with posting your job description in the newspaper or online. If you receive interest from someone, you'll want to interview them to make sure that they are the best person to meet your needs.

What is Agency with Choice?

If you decide that they are the best candidate for you, there is some paperwork that will need to be completed. Agency with Choice providers help to facilitate the process of self-direction. While you are responsible for hiring and training your staff, an Agency with Choice provider will assist with the hiring screening (like background checks) and financial paperwork and will also assist with paying your staff.

People who self-direct can also appoint a family member or friend to help manage their services and make decisions on their behalf. This individual will act on your behalf and ensure that your best interests are met.