

## What is self-direction?

Self-direction is a way of receiving services that puts you in the driver's seat. You have choice and control over:

- What services you want
- Who provides the services and supports
- When the service or support is provided
- Where the service or support is provided
- How the service or support is provided

## How does self-direction work?

- You are the boss. You recruit, interview, hire and manage workers that you choose. This can even include hiring friends and family members if you want.
- You set the schedule. You decide when your staff will come to provide assistance.
- You train your staff. Support can be provided how you want.
- You decide what rate your staff will be paid, within program and state/federal guidelines.
- You can use some of the money in your budget to purchase goods or services that will improve your independence, community involvement, or safety.
- Self-direction is a lot of work, but many people self-directing find the challenges are greatly outweighed by the rewards.

## What services can be self-directed?

If you are on Section 29, the following services can be self-directed:

- Home Support- Quarter Hour
- 1:1 Community Membership
- Individual Directed Goods and Services
- Assistive Technology Devices
- Assistive Technology- Transmission
- Home Accessibility Adaptations

## Is self-direction right for me? Here are some questions to ask.

- Do you want more choice and control over your services?
- Do words that describe you include: self-starter, go-getter, organized, or independent?



- Do you feel comfortable recruiting and interviewing applicants?
- Do you feel comfortable having conversations with people about their performance, especially if things aren't going well?
- Do you have family and friends that are currently providing assistance for you or would like to?
- Do you feel confident in your own decision-making skills?

If you answered yes to any of these questions, self-direction might be right for you!

If you know you want more choice and control but are a little unsure about the rest, self-direction might still be right for you. In self-direction, you can appoint a **representative**.

A representative is a person that takes on some, or all, of the employer responsibilities. You can appoint a trusted adult in your life to be your representative, who will help you with decision making and problem solving. Using a representative means you still get to be in charge, but you will have someone else's help along the way.

### Support Available in Self-Direction

There are supports built into self-direction to make it easier. These include:

- **Support Broker:** A Support Broker is an expert on self-direction. Your Support Broker can answer your questions and advise you as you make decisions.
- **Financial Management Services:** A Financial Management Services (FMS) provider processes all the new employee paperwork and takes care of the tax reporting. They also run payroll and make sure your employees are paid accurately and on time. The FMS also does all the tax filing for you.

