



Applied  
Self-Direction

# Understanding Self- Direction in the MaineCare Section 29 Waiver

A Training for Case Managers, Participants, and Families

# Agenda for Today

- Today's training will serve as an introduction to the self-directed model



# What is Self-Direction?



# What is self-direction?

- Self-direction is a model of delivering services in which the person receiving those services has a high level of choice and control.
- A person who self-directs decides *when, how, and from whom* their services are delivered.



# Who can self-direct?

- Everyone can self-direct with the right support.
- Not everyone is willing or able to manage employer responsibilities on their own. Those who need or would prefer someone else to manage those responsibilities can appoint a representative.
- A representative can be anyone the participant knows and trusts. Usually, this is a family member or a friend.
  - The representative does not have to be the person's legal guardian.



# How is self-direction different from traditional services?

- A person who self-directs employs their own staff.
- This is different from traditional services, in which staff are employed by an agency.
- Self-direction is similar to running your own business.
  - If you self-direct, you will legally hire your own staff, and they work for you.
  - This means you decide:
    - Who you want to hire
    - When they will work
    - How they do their work
    - How much they get paid, and
    - Whether they're doing a good job.



# What services can be self-directed?

- The Section 29 waiver will offer the following services that 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



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# What are the benefits of self-direction?





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# What does this mean for participants and families?



# What does this mean for case managers?

- Paradigm shift



# If I decide to self-direct, what are my responsibilities?

## Managing staff:

Recruiting & hiring staff

Training staff

Developing a backup plan

Developing a schedule for my staff

If needed, firing staff who don't do a good job

## Managing my budget:

Deciding what hourly rate to pay each staff member

Making sure staff don't work more than I can pay them for

Deciding what goods and services I need

Reviewing my monthly reports to make sure my spending is on track



# Who helps me self-direct?

- If you are on Section 29, your case manager will share information about self-direction with you.
- You will have a choice whether you want to self-direct or not.
  - Your case manager will not make this decision for you.



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# Example



# Time for Questions

