

Self-Directed Supports Option

All iCare Family Care Partnership members have the opportunity to arrange, direct, and purchase some 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 and responsibility over your own budget.
- 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:** People 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 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 support the outcomes identified in the assessment and planning process.
- You will use your individual budget to arrange self-directed services.
- Your care team and you will 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 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 you choose to get involved in self-directed supports, your 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 budget and meeting your needs for health, safety and your outcomes.

What Steps Are Involved?

1. **Creating a Member-Centered Plan.** You and your care team will help identify your desired outcomes 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 you and your 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 will 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 will monitor the use of funds and quality of services to ensure services are meeting expectations.

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 you with information about 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, talk to your Care Team. For more information about long-term care options available to you in your county contact the Aging & Disability Resource Centers ADRC). The Resource Center can also assist you with information about eligibility and enrollment.

- **ADRC of Dane County:** 1-608-240-7400, 1-855-417-6892, TTY: Wisconsin Relay 711
- **Aging Disability Resource Center (ADRC) of Kenosha County:** 1-800-472-8008, (TTY: 262-605-6663)
- **Aging Resource Center of Milwaukee County** (For people over 60 years of age): 1-866-229-9695, (TDD: 414-289-8591)
- **Disability Resource Center of Milwaukee County** (For people under 60 years of age): 1-414-289-6660 (TTY/TDD: 414-289-8559)
- **ADRC of Racine County:** 1-866-219-1043, (TTY: Wisconsin Relay 711)

iCare Family Care Partnership (HMO SNP) is a Coordinated Care plan with a Medicare Advantage contract and a contract with the Wisconsin Medicaid program.

Enrollment in iCare Family Care Partnership depends on contract renewal. iCare Family Care Partnership complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. Interpreter and translation services are available free of charge. This document may be available in other formats upon request. Please call 1-800-777-4376 (TTY 1-800-947-3529) if you need help.

ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-800-777-4376 (TTY: 1-800-947-3529).

ВНИМАНИЕ: Если вы говорите на русском языке, то вам доступны бесплатные услуги перевода. Звоните 1-800-777-4376 (телетайп: 1-800-947-3529).

LUS CEEV: Yog tias koj hais lus Hmoob, cov kev pab txog lus, muaj kev pab dawb rau koj. Hu rau 1-800-777-4376 (TTY: 1-800-947-3529).

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