

What is Self-Direction?

Self-Direction gives you the chance to choose your own services so you can live the life you want.

YOU can choose the supports and services you want and need.

YOU can choose the staff or the agency you want to work with.

YOU can hire and supervise your staff.

Self-Direction gives YOU more control over how you structure your life.

Self-Direction is a process. It may take time but with patience, it is flexible enough to help you get the life you want. Once you get to the end of the path, it is worth it.

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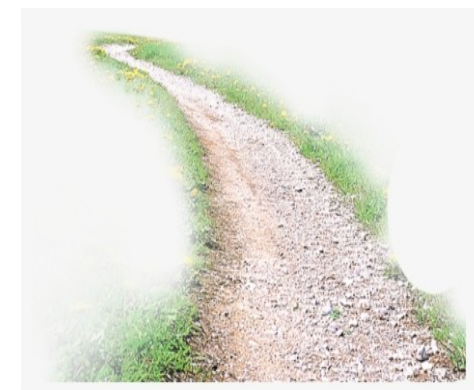
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YOUR PATHWAY TO SELF- DIRECTION



Visit us at
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HERE ARE THE STEPS “YOU” TAKE ONCE YOU BECOME ELIGIBLE TO SELF-DIRECTED:

HAVING THE “SELF-DIRECTION (SD) TALK” AND THINGS TO KNOW:

- The first thing to know is that you never have to go through the self-direction process alone.
- If you are entering OPWDD services for the first time, you will need to connect with your local DDRO’s Front Door office for eligibility.
- Once you are eligible for services, you can meet with your Care Manager to discuss your interest in Self-Direction, why you want to do it and what you want to do.
- You need to develop your plan and budget and submit it for approval before you are officially in SD.
- Also, you may decide going through the SD process is not for you, you can change your mind at any time while going through the steps.

IDENTIFY YOUR CIRCLE OF SUPPORT(COS):

- You should meet with your Circle of Support (trusted people such as family, friends, staff, etc.) throughout the whole process.
- Your COS will also be there for you after the SD budget has been approved and will be there afterward for ongoing support.

BEFORE SEEKING ANY OPWDD SERVICES, YOU MUST CONNECT WITH YOUR REGIONAL OPWDD OFFICE (FRONT DOOR) FOR ELIGIBILITY.

THE SD INFORMATION SESSION:

- You, your chosen members of your Circle and your Care Manager will attend a Self-Direction Information Session hosted by your DDRO.

REQUEST FOR SERVICE AUTHORIZATION (RSA):

- Your Care Manager will complete an RSA form for Self-Direction.
- Your Care Manager will submit the RSA form to your local OPWDD Regional Office (DDRO).

MEETING YOUR DDRO SD TEAM:

- You and your Care Manager will meet with the DDRO Self-Direction Team to ask and answer questions about what you want to do.
- One of the primary concerns of pursuing SD is your health and safety. The question you’ll need to answer is, “What needs to be in place to keep me safe?”

GET A FISCAL INTERMEDIARY (FI):

- Your Care Manager can help you find a Fiscal Intermediary (FI) and a Support Broker.
- You will talk to the FI about what services they provide and complete paperwork so they can pay your self-direction expenses.

YOU NEED A SUPPORT BROKER:

- Your DDRO SD Liaison or Care Manager can provide you with a list of Support Broker profiles.
- You can talk to as many Support Brokers as you want to find one you want to help you develop your SD plan.

- You will meet with your Support Broker to sign a Broker agreement and send it to your FI.
- Your Support Broker will then begin working with you to develop your SD plan and SD budget.
- Your Support Broker will also help you develop and manage your COS.

USING YOUR CIRCLE OF SUPPORT (COS):

- You can talk to as many people as you want to about being a member of your COS.
- Your COS will help you develop your SD plan.
- You should meet with your COS throughout the whole process and after the SD plan and SD budget have been approved.

SD PLAN AND BUDGET DEVELOP:

- Your Support Broker will begin working with you, your Care Manager, and your Circle of Support on developing what you would like to do with your plan.
- Your Support Broker will also work with you to develop a SD Budget that will cover the cost of the supports and services specific to your needs and goals within your budget.
- Once the SD Budget has been created, it is submitted to the FI for review of any needed revisions, and then the FI will submit it the DDRO SD Liaison, who will submit the SD Budget to NYS OPWDD Central Office for approval.

FINAL STEP DOWN THE PATH:

- When NYS OPWDD Central office approves the SD Budget, it is submitted back to the DDRO SD Liaison who will contact the FI and Support Broker.
- The Final Step down the SD path is your SD Launch Meeting. This is a meeting to celebrate the start of your SD Plan and the beginning of the life you want to live.

“APPLAUDS, YOU DID IT!!!”