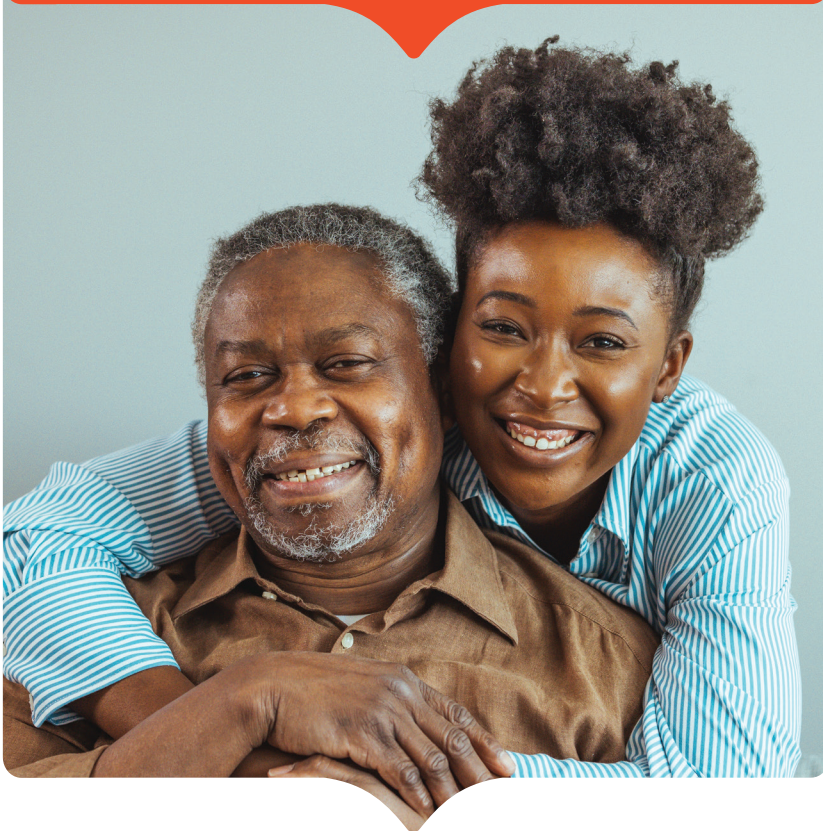


What to remember

- You'll have support for self-directing your services.
- You're the expert on your life.
- Self-direction lets you choose the people who work for you.



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What is Self-Direction?

Self-direction is a service model that helps people, no matter their age or disability, stay independent at home and in their communities. In self-direction, you decide how, when, and who provides your services and supports. It's not like traditional agency services because you get to hire your own workers. The focus is on giving you, the program participant, the choice, control, and flexibility that best fits your life. Over a million Americans currently use self-direction, and it's often funded by Medicaid.

Why Choose Self-Direction

Self-direction is grounded in the belief that people with disabilities know their needs best and can plan and manage their services. It supports personal choice and control over service delivery. People who choose self-direction often hire family and friends to provide their services.

Your Responsibilities in Self-Direction

If you choose self-direction, your responsibilities are related to the workers you hire. You'll need to hire, train (if necessary), schedule, and manage your chosen workers.

Key Support Roles and Responsibilities

There are a number of individuals and organizations that are involved when self-direction is chosen, ensuring the individual has the needed support. The roles and names often vary by state and program, but there are typically three key distinct roles.

- **Financial Administrative Management:** Also called a Fiscal Intermediary, Fiscal Agent, or Financial Management Service. This role involves paying workers and vendors, helping with paperwork, issuing payments, and handling taxes.
- **Information and Assistance:** Also called Support Broker, Service Coordinator, or Case Worker. This person helps with program eligibility, creating a Service Plan, finding providers, and other self-directed employer duties. They will reach out regularly to check on your health and well-being.
- **Representative:** This role is optional. If chosen, someone close to you can help with employer tasks. They must be someone you know and trust, but this person can't be paid for their work.



How to get started

First, see if self-direction is available in your state and what programs are offered. To start, visit your state's Department of Human Services website. Once you find programs that offer self-direction, apply to check if you're eligible.

