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
What are the benefits of self-direction?
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.
Example
Time for Questions