

MY VOICE, MY CHOICE IS SELF DIRECTION RIGHT FOR ME?

My Voice, My Choice, Idaho's self direction program, is an option under the Developmental Disabilities Waiver. This option gives you more choice and control over the Medicaid funds used to buy your services and supports. You choose the services and supports that fit your needs. You decide when and where you get services and supports. You hire the people you want to help you. You keep track of your Medicaid budget account.

My Choice, My Voice may be right for you if:

- You are eligible for the Developmental Disabilities Waiver
- You want to have more choices and flexibility in your services and supports
- You want more control over how you spend your Medicaid budget account
- You want to hire and manage your own workers and hire people you know
- You understand and are willing to accept the extra risks, responsibilities, and duties

The questions below will help you decide if self direction is right for you. Since self direction will be a big change for you, give yourself time to think about the questions, be honest with yourself, talk to your family and friends, and get advice from other people who have made these changes.

- Am I living the life I want?
- Have I thought about making changes in my life?
What changes would I make?
- Am I happy with the services and supports I have right now?
What would I change about them?
- Am I energetic, optimistic and focused on positive outcomes for my future?
- Do I want to be more independent?
What does being independent mean to ME and what would this look like?
- Do I want to be more involved in my community?
What would being involved look like?
- Do I want to make my own decisions about...
where I live?
who I live with?
who helps me?
- Am I willing to take on added risks, responsibilities and duties?
- Do I want to learn how to hire and supervise my workers?
- Do I have people who can help me make plans and choices and keep track of my Medicaid budget account?

My Voice, My Choice isn't about doing it all yourself. You can ask family and friends to help you self direct. You will also hire a Support Broker to help you write your plan and help you with other duties you decide you need help with.

Your DUTIES when you self direct your services and supports are:

- Tell others about your needs and wants, set your goals, and make decisions during your person centered planning process
- Complete the required paperwork, including a support and spending plan and employment agreements
- Be a boss – find and hire people to work for you, train your workers, and schedule when you want the work done. You also negotiate, make sure they are doing the work you hired them to do and doing the work the way you want it done, sign your workers' timesheets, and have back-up plans for emergencies
- Buy all supports, services, and goods such as supplies and equipment on your plan through employment and vendor agreements
- Make good choices about how you spend you Medicaid budget account and keep track of your budget account so you don't over-spend
- Follow all state and federal labor laws
- Follow the rules for self direction found at "Consumer-Directed Services"

My Choice, My Voice isn't for everyone. If you choose self direction and it doesn't work for you, you can use other waiver services.

Your health and safety is an important part of **My Choice, My Voice**. You, your family and friends, your support broker and the Department of Health and Welfare will work together to assure that your health and safety needs are met.

Learn what you need to know before you decide **My Choice, My Voice** is right for you. Call your Regional Medicaid Services office for a schedule of informational meetings.