

Self-Directed Supports in Managed Care



Self-directed supports (SDS) is an option for people enrolled in Wisconsin's managed long-term care programs, including:

- Family Care.
- Partnership.
- PACE (Program of All-Inclusive Care for the Elderly).

SDS offers you more control over the services and supports you get.

How SDS works

When you enroll in a long-term care program, you may choose a managed care organization (MCO). Your MCO helps you find and get the services you need. With SDS, you work with your MCO to decide which services you would like to manage. Your program will help you learn how to buy your own services and supports from the benefit package.

Here's what you can expect:

A specific plan for SDS

Each MCO has its own plan for offering SDS. They must have a way for you to do the following:

- Choose and hire your own support workers, who could be family, friends, neighbors, or agencies.
- Train and supervise your own support workers as they care for you and meet your needs.
- Pay workers within your budget and keep track of spending.

A choice in the services you self-direct

Based on your assessed needs, you may be able to self-direct all or part of your services. For example, you might self-direct your personal care services but have your care team manage providers that help you get medical supplies.

(Continued on page 2)



A care team that supports you

If you choose to use SDS, your care team will:

- Explain what's available to you based on your assessed needs.
- Make sure you stay within your available budget to meet your health and safety needs.
- Help you find other support to manage SDS based on which services (if any) you decide to self-direct. Examples include fiscal employer agents who assist with new hire paperwork, payroll, and more.



SDS limits

Your MCO may put limits on the SDS option if:

- You are spending more than what's in your budget.
- You have used program resources in a way that's not allowed.
- You have used program resources in a way that puts your health and safety at risk.
- Someone else is making decisions for you that aren't based on what you want.

Your MCO will work with you so you know how to manage SDS and avoid these limits.

Notes:

