

## ***FREQUENTLY ASKED QUESTIONS ABOUT SELF DETERMINATION IN LONG-TERM CARE***

### **What is Self Determination in long-term care?**

Self Determination is the option of choice and control over services for your care at home. It means you can choose and hire workers with a designated individual budget for those services.

### **Who is eligible to participate?**

Anyone who is approved for the MI Choice waiver can enroll. Case managers/supports coordinators from the MI Choice agency will provide information.

### **Are family and friends required to be hired as workers?**

Participants choose the workers they want to help them. They do not have to be family members. If there doesn't seem to be anyone to choose, your supports coordinator will help with search ideas. These could be posting flyers in the community, at colleges or other locations. This could also involve placing an ad in local papers. If needed, help finding, interviewing and hiring workers can be provided.

### **How is the budget developed?**

The amount of an individual budget is based on a person centered planning process to decide what services you need, how much to spend for them, and other costs like taxes for your workers. The costs must be reasonable. All of your services will be authorized by your supports coordinator. The budget can be updated by contacting your supports coordinator when and if things change.

### **How are expenses from the budget paid?**

A neutral third party, known as a “fiscal intermediary” pays the bills that are in the budget for you. They will send a monthly report to you and your supports coordinator.

### **Do workers have a background check? Who does it?**

All workers chosen by a participant must have a criminal background check. The fiscal intermediary does the background check.

### **What kind of training do workers get and who does it?**

The training needed will be different based on the work. Personal Care workers must have training in CPR, first aid and blood borne pathogens training. Other training depends on what you need. How the training is provided varies by agency.

### **What is a back-up plan?**

Everyone in Self Determination develops a back-up plan, in other words, a plan for services when your regular worker can't be there. Sometimes this is covered by a family member or friend; sometimes it's one of the workers who usually work a different shift. Arrangements can also be made with a regular agency to be on call as needed to provide back-up. Options for a back-up worker are discussed when you make your plan.

### **Is there a lot of paperwork?**

At first, it looks like a lot of paper at enrollment. There are several documents and agreements that clearly spell out the responsibilities of everyone involved. All papers are explained before you sign them. You may ask as many questions and take as much time as you need. After the initial enrollment, you review and sign the timesheets for your workers and the monthly statement from the fiscal

intermediary. New forms and agreements are required when there is a change in workers.

### **Which services can be directed?**

There are 10 services you can choose to direct. They are:

Personal Care

Home maker

Chore

Non-Medical Transportation

Respite

Home Modifications

Goods and Services

Community Living Supports

Private Duty Nursing

Fiscal Intermediary

For a complete description of what each service is, talk to your supports coordinator.

### **Do I have to direct all my services?**

You choose which services you want to direct by hiring the workers and managing the budget. You can also combine services that you control and services that come from an agency.

It depends on what works best for you.

### **Can someone help me?**

You can choose someone to be your representative. That person agrees to help you as much as you feel you need help with understanding the paperwork, supervising workers or anything else.

### **Why is Michigan offering this option?**

Giving people more choice and control of how they live their lives and the services they need is important to us all. It is part of a national movement. It isn't about saving or spending money. It's about people getting help to stay at home, while getting the best value for the dollars. Michigan has been enrolling MI Choice participants in Self Determination since December of 2006. Currently, there are hundreds of people in Michigan who have chosen this option.

### **How do I get more information and get started?**

Contact your care manager/supports coordinator and tell her or him you want more information about Self Determination. She/he can explain how it works and listen to you about the way you would like to receive your services and who you would like to provide them. A planning process with you will lead to a budget for your services that you manage.

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