

## ***Self-Directed Services for People with Intellectual and Developmental Disabilities***

Self-Direction gives you the chance to choose your own services so you can live the life you want. By Self-Directing your services, you have more flexibility to choose the right supports for you, the staff you want to work with, and a schedule that works best for YOU.

**With help from your Care Coordinator and the people who support you,**

**YOU** choose the services you want and need.

**YOU** choose the staff you want to work with.

**YOU** hire and supervise your staff.

**Self-Direction gives YOU more control over how you structure your life.**



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## ***SELF-DIRECTED SERVICES***



*Allegany Arc is a Chapter of The Arc New York,  
Member of The Arc of the United States, and  
an Equal Opportunity Provider and Employer.*



***“For me, it’s been a life-changing process that helped me discover a lot about myself, my needs, and my future.” - Shawn O.***



[www.AlleganyArc.org](http://www.AlleganyArc.org)

## How Does Self-Direction Work?

Self-Direction starts with a planning process to help you figure out what supports are most important to you.

### You can choose to Self-Direct some or all of the services that help you:

- Live in the home and community of your choice;
- Work, volunteer and do activities you enjoy;
- Have relationships with family and friends;
- Be healthy.

Your Care Coordinator and Regional Self-Direction Liaison can help you learn about what service options exist for you.

## Who Will Help Me Get Started?

If you choose to Self-Direct, you will work with a team of people who will help you select your services and put together a budget. This team, or Circle of Support, is a group of people chosen by you.

Your Circle of Support could include family and close friends, your Care Coordinator, A Support Broker, and staff who know you well.

## What is a Support Broker?

If you want to control how the funds in your budget are spent, you can hire a Support Broker to help you. Your Broker will build a Self-Directed budget WITH YOU based on the services and supports you need.

Your Broker can also help you develop a plan to work towards outcomes you want to achieve in life.

## What is My Next Step?

To learn more about Allegany Arc's Self-Directed Services, please contact Judy Peck, Vice President of Community Services, at [judy.peck@alleganyarc.org](mailto:judy.peck@alleganyarc.org) or (585) 593-5700.

I have a Circle of Support that includes my Care Coordinator and Broker. I can choose whoever else I want to be part of it!

We make decisions about my Self-Directed services as a team and meet at least 4 times a year.



I have my very own budget that allows me to choose the services that best fit my needs. I even get to hire my own staff!



I have a Fiscal Intermediary. They aren't a bank, but an agency that acts as a bank by overseeing my budget. They pay my staff and for other approved items in my budget. They are also responsible for a variety of Human Resources needs.



I get to keep my Care Coordinator who continues to work with me on my Life Plan. If I am not already Self-Directing my services, my Care Coordinator will fill out the application with me and submit it to OPWDD.



I also have a Broker who guides me in choosing Self-Directed services and creates my budget and Self-Directed plans with me. As I Self-Direct, my Broker will make any needed changes to my budget/plans.

## Is Self-Direction Right For Me?

If you are eligible for OPWDD services and enrolled in the Home and Community Based Services (HCBS) Waiver, you can choose Self-Direction.

Self-Direction may be right for you if:

- You want more flexibility with your services on your own or with help, and
- You are ready to make decisions about your services on your own or with help, and
- You want to take more responsibility for managing your services.

Before you get started, take time to think about what kinds of support you need at home, in your community and in your daily life.

**If you try Self-Directing your services and it is not right for you, you can always switch back to a more traditional model of supports.**