



**HERITAGE**  
CHRISTIAN SERVICES

# Self-directed Services

*The services to meet your life goals now and in the future.*



## CREATING A PLAN FOR YOUR LIFE

Everyone wants a good life - the kind that goes beyond existing and moves toward really living - but each person defines that life differently. We believe that's at the heart of what self-direction and personal responsibility means.

That's why Heritage Christian listens and partners with you.

The goal is that more people will partner with HCS and their natural supports, like family and friends, to choose their own direction and achieve what matters most to them.

In addition to Heritage Christian's foundational services - like certified residential services, certified day programs and respite - we also have the expertise for all phases of self-directed planning.

- For those beginning, HCS offers brokers who support the creation of a self-directed plan that is customized to meet your needs.
- To help navigate that plan throughout the year, your broker works alongside you ensuring your self-directed plan is working for you.
- Then, to help you manage the Medicaid money associated with your plan for services, HCS can serve as a fiscal intermediary.



*"At Heritage Christian Services, we believe this puts individuals and their loves ones at the heart of the decision making - we must partner with people to deliver supports when, where and how people need them most."*

**- Marisa Geitner, president and C.E.O. of Heritage Christian Services**



*Sometimes it is easier to stay with the status quo, to keep doing what you've been doing even when you are interested in more. But occasionally that dream for more is worth the risk, worth learning to take the city bus, worth mastering new job skills. The joy of Marion "JR" Carter's restaurant career has been worth the work for him. Thanks to his own courage to try something new and the support from the Employment Alliance, he's reaping the benefits of a paycheck and meaningful work.*

*Alyson Przybyl is where she is at in life because she has been honest with herself and others about the things that are most important to her. Things like living in an apartment that offers less staffing support and more independence. Things like earning her GED and working toward having a driver's license. She even served on a design team that helped Heritage Christian gain national accreditation from the Council on Quality and Leadership.*



# GETTING STARTED WITH SELF-DIRECTED SERVICES

The graphic below outlines the route a person can take to create a self-directed plan/budget.

## Because You Matter

At Heritage Christian Services we connect people through meaningful relationships and experiences in order to navigate what matters most to them.

No one program works for everyone. That's why we are listening to people with developmental disabilities and partnering with them to meet the goals they set for themselves.

# YOU

Apply for services.



## ELIGIBILITY

Once you are eligible to receive services, you will partner with a **care coordinator** who will help you navigate the complex Medicaid system.



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## WHAT'S NEXT

Things can change. At HCS you do have the flexibility to adjust and allocate resources differently as your goals shift.



## YOUR CHOICE

Working with your **care coordinator**, you'll determine if your needs are best met through traditional services, where an agency handles most of the details, or if you would like a self-directed plan/budget that offers you more of a say in how and where you receive services.



## YOUR PLAN

With your self-directed plan/budget in place, your **broker** -- along with your **care coordinator** and personal champions you've identified -- makes sure your approved plan/budget is working for you.



## ACHIEVING YOUR GOALS

If you want a self-directed plan/budget, you'll choose a **broker** who guides you to get your plan approved. Then, you will select a **Fiscal Intermediary Service**, which will manage the money allocated to your plan/budget and keep you updated on your budget.



## CIRCLE OF SUPPORT

Regardless of your route, relationships and engagement are important. That's why you'll want a **circle of support** made up of your personal champions. Together, you advocate for what you need in order to succeed.



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For more information, email [info@heritagechristianservices.org](mailto:info@heritagechristianservices.org) or call (585) 340-2000 or (716) 743-2020.

# HeritageChristianServices.org







## FIRST STEPS

### **How might this be different than what I'm used to?**

People, along with loved ones who naturally offer their support, will be in the driver's seat, actively making decisions for their lives and directing their services. Heritage Christian believes in treating people with dignity and respect. We encourage building relationships that are meaningful to you and your personal development, gaining your greatest level of independence.

### **How do I get started?**

Contact your care coordinator/care manager who will guide you through the process.

## OPTIONS THAT YOU MAY BE ABLE TO INCLUDE IN YOUR SELF-DIRECTED PLAN/BUDGET:

Gym memberships

Wide range of classes

Camps accredited through the Department of Health

Hiring your own staff

Rent subsidies and housing supports

Computer software

Therapies such as art, music and massage

Reimbursement for internet and cell phone

Other items that may help increase independence

