

# GETTING STARTED WITH SELF-DIRECTED SERVICES

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



## 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 Services listens and partners with you.

The goal is that more people will partner with Heritage Christian 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, day habilitation and respite — we also have the expertise for all phases of self-directed planning.

- For those beginning the process, our fiscal intermediary (FI) team works closely with you and your broker to create a self-directed plan that is customized to meet your needs
- To help navigate that plan throughout the year, your FI works alongside you ensuring your self-directed plan is working for you.
- Then, your FI coordinator will help launch your initial budget and help manage Medicaid and state funds associated with your plan for services.

*"Self-direction is a wonderful life-saving program. In the past, we have had to make decisions as a family whether to continue our other children's activities or Sydney's therapies and other medically necessary items that were not covered by health insurance. Now we are able to provide for all members of our family and it has allowed us to do so much more for Sydney. She is more independent and free to follow her interests and connect with others."*

- Lynne Conrad

# FIRST STEPS

## How might self-direction be different than what I'm used to?

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

*"Madison uses her self-directed budget to fund various camps and dance classes of her choosing. Madison has enjoyed both camps so much over the years. She starts asking around January when she is going to be able to go. I know she has fun and never thinks twice about leaving when I drop her off. It's usually a quick wave 'see you next week,' and she's off to be with her friends. When we arrive people often yell 'Hi Madison how's it going' as they remember her and she has made friends over the years. It is a wonderful experience for her as it keeps her active and socializing. I am grateful that we have been able to participate in all 3 of these programs over the years."*

- Lynn Morley

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

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