

Self-Directed Supports

Commonly abbreviated “SDS”, this refers to members actively directing the supports and services they receive.

Members can choose how involved they want to be with SDS and how much they want their Care Team to assist with the process. Often SDS is simply choosing who you want as your paid caregiver, but it can also be as involved as controlling a budget and interviewing and supervising personal employees.

Most members choose to self-direct their in-home care but SDS can be used outside of the home as well for services such as transportation and supported employment.

Advancing Choice and Control: Further Improvements to Self-Directed Supports for My Choice Family Care Members

Each year we choose a project to improve the lives of our members and the care they receive. A few past topics include managing hypertension, cognitive screening, reducing behavioral restraints, and empowering members to navigate advance care planning. These projects are approved and reviewed by a third-party external quality organization and reported to the State of Wisconsin.

Goals & Accomplishments

We set three goals for our 2018 project which would directly benefit members:

Goal 1: *Increase the number of MCFC members who choose to self-direct some or all of their services.*

This goal was met.

Goal 2: *Increase the number of members self-directing through fiscal agent providers.*

This goal was met.

Goal 3: *Reduce the fall rate of members self-directing services in their home.*

This goal was not met. While the fall rate slightly decreased, it did not reflect improvement by the end of our project.

Improvements accomplished through the project to sustain the increase in SDS practice:

- ✓ New budget tools
- ✓ Revised SDS guideline for Care Team staff
- ✓ Handbook for members who choose to self-direct
- ✓ Comprehensive training of Care Team staff
- ✓ Fall prevention strategies

