



**HEAR OUR
VOICES!**

**WESTCHESTER INSTITUTE FOR
HUMAN DEVELOPMENT**

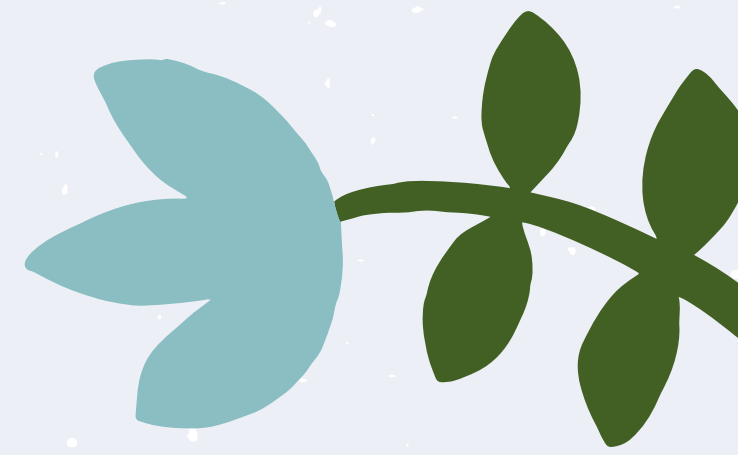
**SELF
DIRECTION
AT A GLANCE
TRANSITION CONFERENCE
2025**

**NICHOLE HASTINGS B.A.
nhastings@wihd.org**



All Right Reserved

GOALS



1.

What is Self-Direction?

2.

What are your needs?

3.

What are your choices?

4.

How do funding sources work?

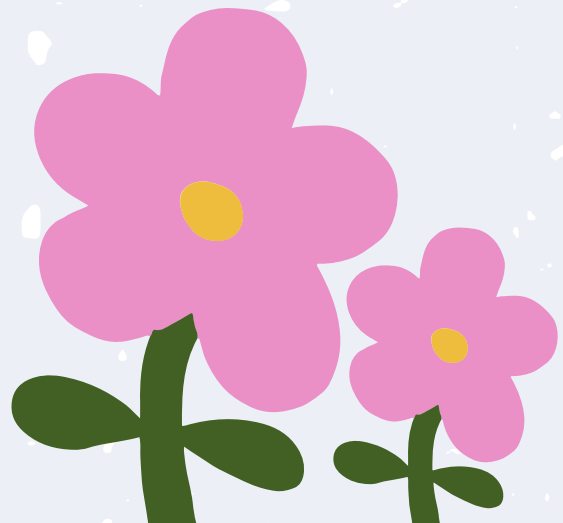
WHAT IS SELF-DIRECTION?

Choose
your own
services

More
flexibility

Choose
your own
staff

Choose
your own
schedule



WHAT IS SELF-DIRECTION?

“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.” - OPWDD



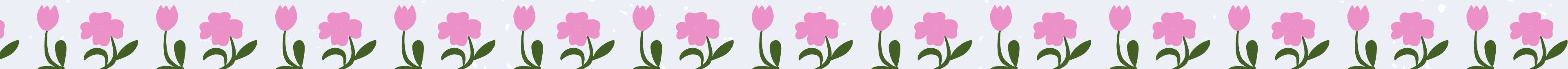
CORE VALUES OF SELF-DIRECTION

Choice

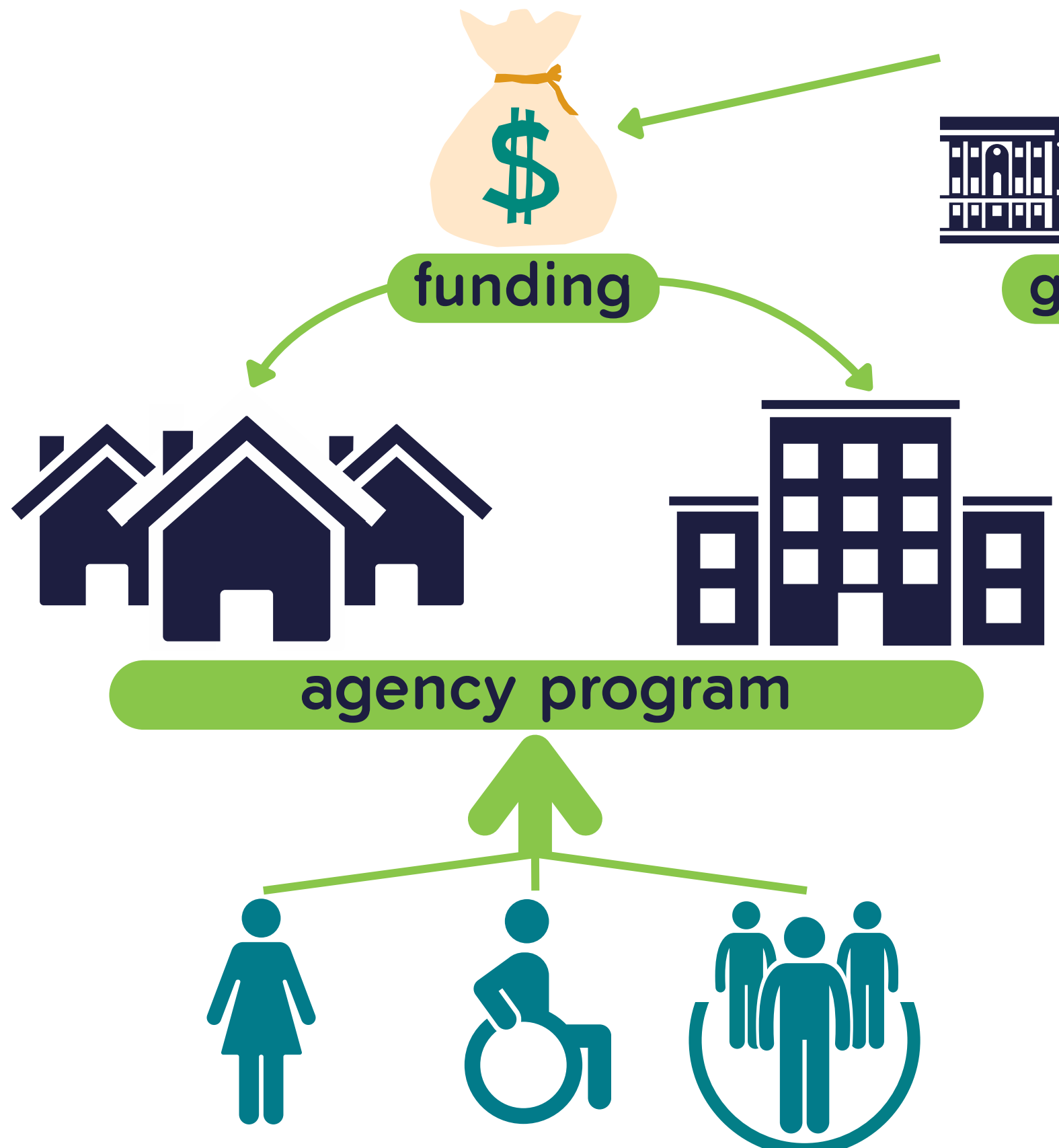
Opportunity

Control

Decisions

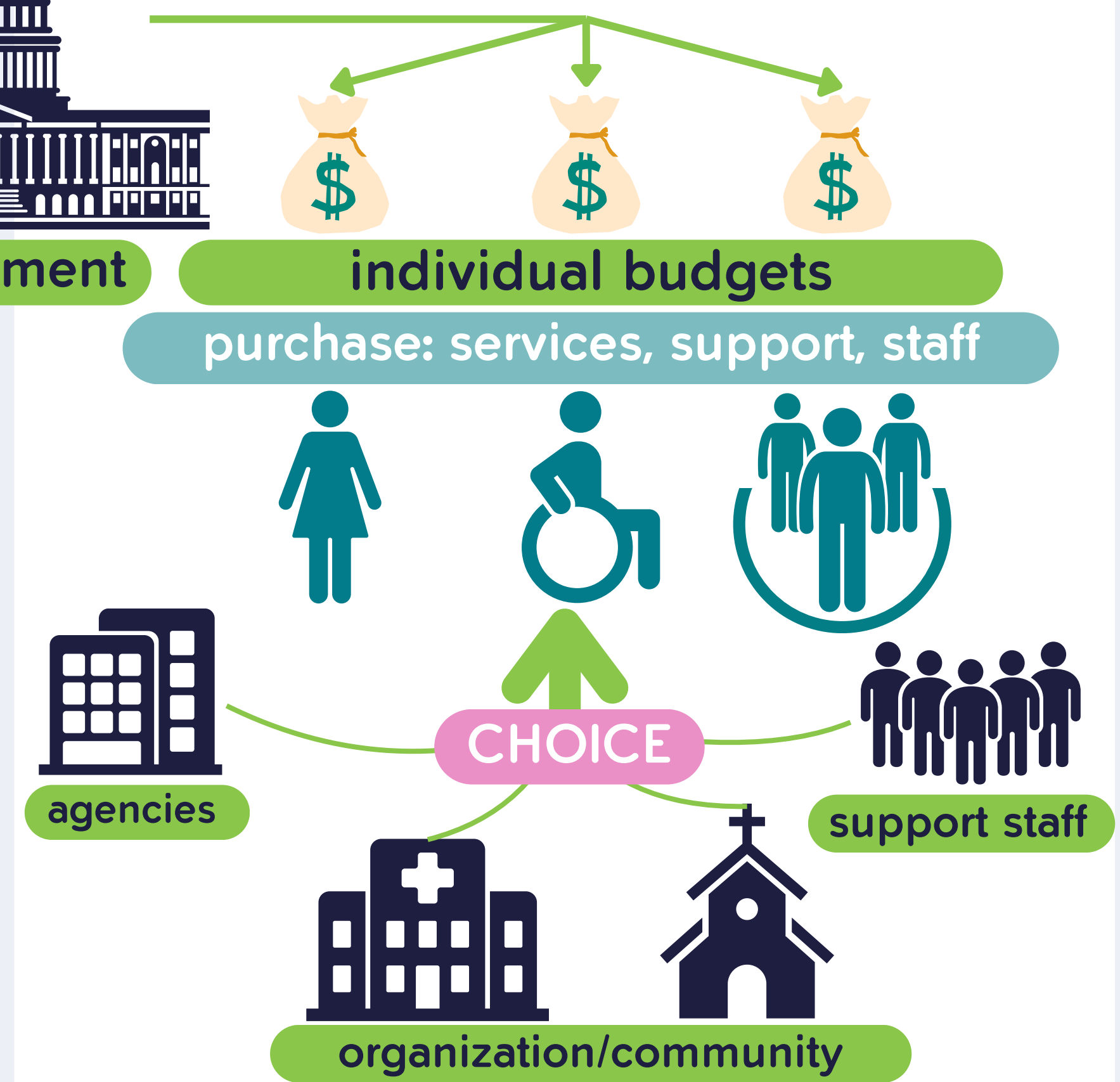


CURRENT FUNDING STRUCTURE



AGENCY BASED GROUP PROGRAM

SELF DIRECTED STRUCTURE



SELF DIRECTED SUPPORT AND SERVICES



Any
questions
so far?

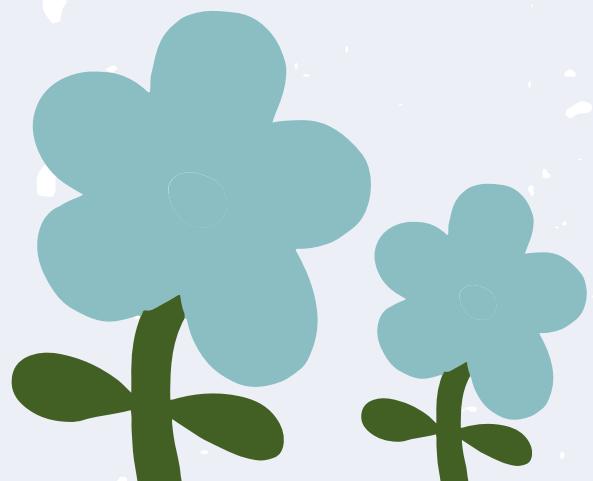
YOUR TEAM

CARE MANAGER

Apart of your Care Coordination Organization (CCO)

The person you rely on

Help you connect and manage your services.



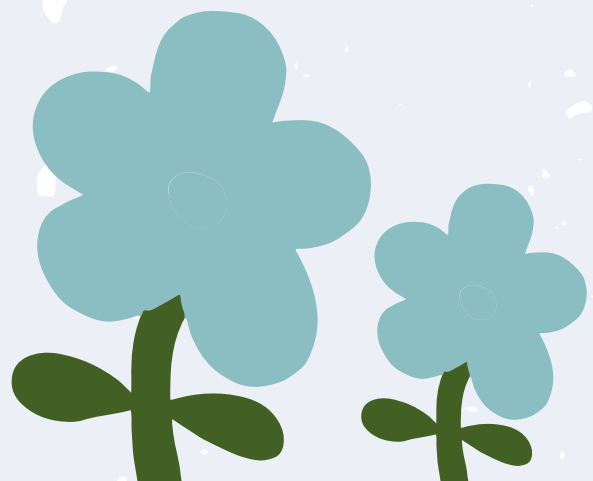
YOUR TEAM

BROKER

Helps you plan your budget.

Helps you request changes to your budget.

Keeps track of your money.



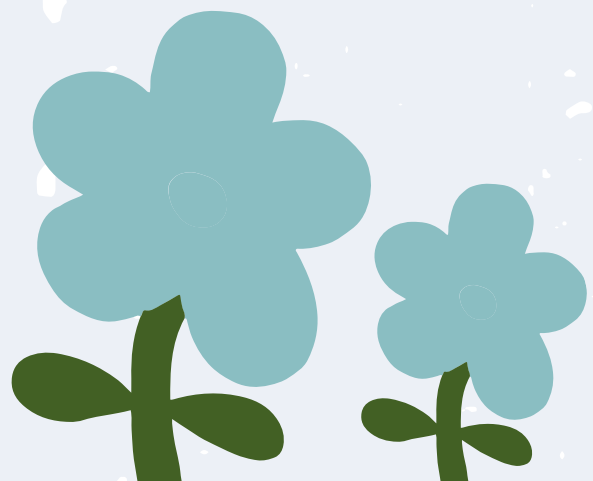
YOUR TEAM

FISCAL INTERMEDIARY

Helps you handle payments for Medicaid.

Helps you hire your own staff.

Approves payments and refunds.





Any
questions
so far?



IDGS

Individual Directed Goods & Services



COMMUNITY CLASSES

Cooking, Managing Money, Adaptive skills, Relationships

HEALTH CLUBS

Gym Memberships, YMCA Memberships

CAMP

Specialized Group Activities for Individuals with Disabilities

TRANSPORTATION

Ride share, driving, and public transportation reimbursements

SERVICES THROUGH YOUR BUDGET

SELF-HIRED

Hire and manage your own staff.

Choose your needed supports and services.

Helps you carry out your goals and needs.

**THIS IS
ALL A
CHOICE!**



SERVICES THROUGH YOUR BUDGET

COMHAB

Provides one-on-one training to people with disabilities.

Help at home or in any community.

Help you learn independent living skills.

**THIS IS
ALL A
CHOICE!**



SERVICES THROUGH YOUR BUDGET

RESPIRE

Gives caregivers a break.

Occurs during illness, emergencies, or vacations.

Ensures loved ones needs are still met.

**THIS IS
ALL A
CHOICE!**



SERVICES THROUGH YOUR BUDGET

FISCAL INTERMEDIARY

Helps manage your funds.

Helps with HR processes and applications.

Helps staff receive their benefits like insurance.

**THIS IS
ALL A
CHOICE!**





Any
questions
so far?



HOUSING



1.

Live with your family at home with support like respite and community help.

2.

Live in your own place with assistance, like a live-in caregiver, with housing support.

3.

Get help from Paid Neighbors for tasks or problems as needed.

4.

Live with another family in Family Care, participating like one of their own.

5.

Live in a group home with others who have developmental disabilities.

GROUP HOME EXCEPTIONS

Comhab Hours: do not exceed 6 hours per day, are available Monday through Friday, and are only before 3pm.

Services **NOT** available include: family reimbursed Respite, housing, respite, live in caregiver, IDGS - CAMP, IDGS - Transition programs, IDGS - Coaching/Education, Paid Neighbor

OTPS

Other Than Personal Services

Phone Service for
Emergency
Purposes

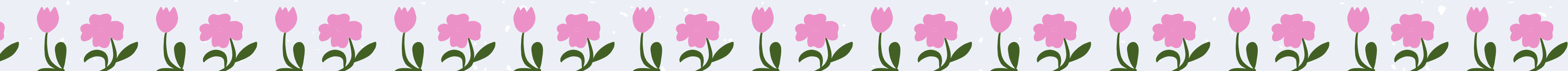
Internet for Staff,
Education, and
Employment Use

Staff Activity Fee
for paying back
outing expenses

Clothing for
Education, Work,
Casual, and Dress

Transportation
reimbursed for
daily activities

Utilities reimbursed
such as electric,
heating, and water



Sample Self-Direction Budget Breakdown

Other Than Personal Services - 100% New York State Funds

On the lines below, list the item being purchased and the cost for that item (Total maximum allowed \$3,000).

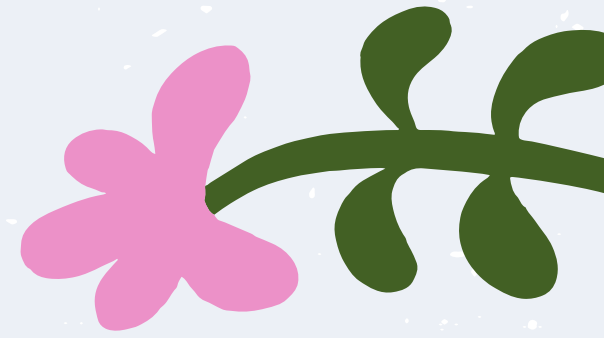
Budget Amendments can occur at anytime when life or emergencies may not match your original planning

Board Stipend (Food Subsidy)		0	
Utilities		0	
Other Goods and Services that Increase Independence		0	
Other Goods and Service Related to Health and Safety		0	
Total	\$250.00	25	\$10



Any
questions
so far?

WORDS TO KNOW



OPWDD

New York State **O**ffice for **P**eople
with **D**evelopmental **D**isabilities

BUDGET

A chart showing breakdown
of money can be amended at
anytime

CCO

Care Coordination
Organization

COMHAB

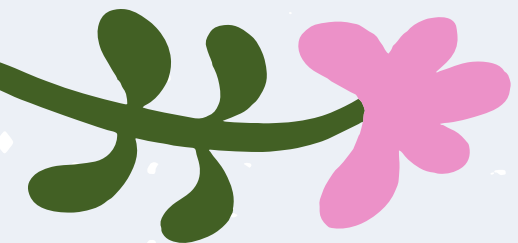
Community Habilitation

**GROUP
HOME**

A place where people with special
needs live together to receive care

RESPIRE

Break for family members caring
for individuals with disabilities



WORDS TO KNOW

**SELF-
HIRED**

Individuals hiring their own support staff

FI

Fiscal Intermediary a person who manages reimbursements for the individual

SD

Self - Direction

BROKER

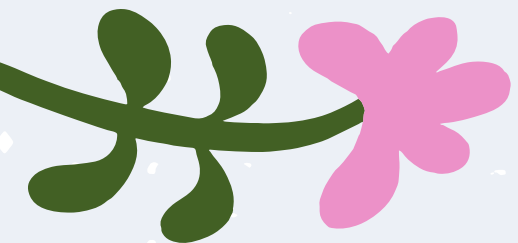
Person who helps you set up and maintain the budget.

IDGS

Individual Directed Goods & Services

OTPS

Other than Personal Services



OPWDD

OPWDD is the Office for People with Developmental Disabilities and is run through New York State. They manage services for people with disabilities by working with over 500 different agencies and connecting you to the best resources for your needs.



Office for People With Developmental Disabilities

CCO

CCO stands for Care Coordination Organization and helps people with intellectual and development disabilities. LIFEPlan, a CCO organization, has Care Managers who are trained to assist anyone's needs from fun activities to job support.





Any
questions
so far?

THIS PROCESS IS AN EMOTIONAL ROLLER COASTER

strong
support
system

staff is
temporary

good
record
keeping

planning
ahead

self reliant

getting too
attached

mental
health
services

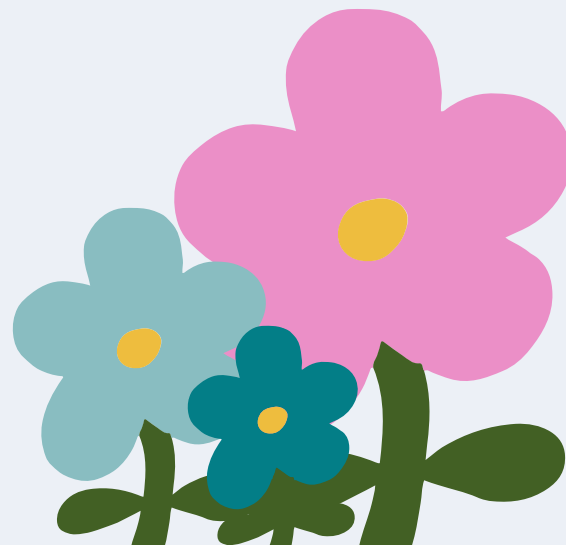
care team
changes

hiring new
care staff



Personal Side of Self-Direction

Nichole owns and lives in her own home. This would not be possible without Self Direction services. Nichole has lived here for 17 years, and was one of the first 15 people in New York State to have Self Direction.





In Real Life...

1. Visiting group home with my family
2. Decided the group home wasn't fit for
my needs
3. When self-direction became available
4. Today - I own my own home

Having Clinical Services

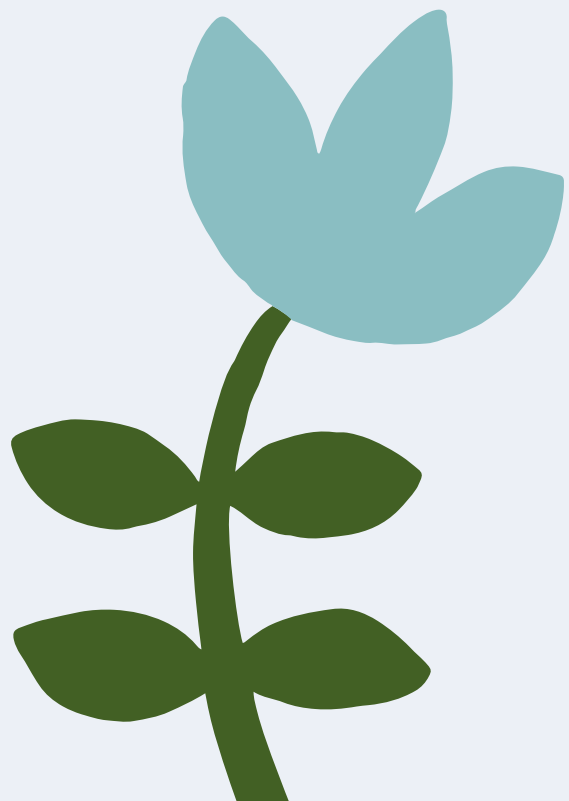


Kathy Wilmot, Physical Therapy



Jennifer Bailey, Occupational Therapist

Nichole's therapists constantly advocate for her needs. Often they write letters to gain support from the state and other funders. Without them Nichole would not be able to do many of her daily activities.



Having Fun

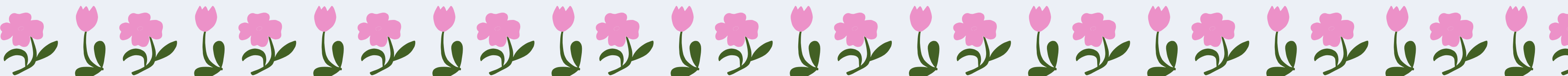


Nichole adaptive skiing



Nichole adaptive bike riding

Nichole having winter and summer fun!





In Real Life...

1. The bike and ski cost a lot and there was no funding source... turned towards
GoFundMe
2. Therapists helped me find and figure out how to buy my special equipment

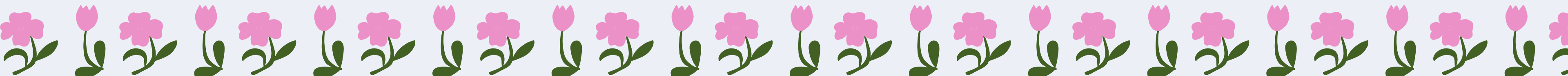
Transportation



This is the vehicle that works best for Nichole.



This is Nichole's new vehicle at this moment.





In Real Life...

1. Buying the vehicle as an individual
2. Filling out the paperwork for OWPDD
3. Therapists write letters of support and need
4. Apply and be approved for funding
5. Car gets modified through OPWDD

THIS PROCESS CAN TAKE UP TO 2 YEARS

Having Meaningful Employment



MY WORK AT WIHD

Nichole assists the Community Support Network at the Westchester Institute of Human Development and helps individuals with disabilities tell their own story through presentation skill development.



In Real Life...

1. Volunteer work for multiple service agencies
2. Continuing education - LEND
3. Post-Secondary Education

EVERYONE'S JOURNEY IS UNIQUE

Here's what having a Self DirectionLife can look like for some.





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THANK YOU!
Any Questions?

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