

# *Self-Direction in Action*

## *The Kentucky Experience*

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UNBRIDLED SPIRIT™



# *Self-Direction in Action*

## The Challenge

**Ensuring freedom and  
independence for  
Kentucky's most vulnerable  
citizens**

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## **OUR GOAL**

To assist individuals with disabilities achieve meaningful lives, rich with relationships, while living and working in their own communities



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To accomplish this we sought to create a program that...

- Is based on the five principles of self-determination:
  - Freedom
  - Support
  - Confirmation
  - Responsibility
  - Authority

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- Utilizes non-traditional services and supports
- Builds on the existing quality management system
- Allows comprehensive comparison studies of traditional Medicaid and self-directed programs

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## **Background**

- General assembly passed HB 116 in 2004
- Original CDO created for current 1915 waivers
  - Supports for Community Living
  - Home and Community Based
  - Acquired Brain Injuries
- Targeted at individuals with MR/DD, brain injuries and the frail and elderly



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## **Background**

- Participation based on consumer choice
- Non-traditional/non-medical services
- Not an increase or expansion of services
- Expected to serve 250 in year one and 2,000 by year five



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- *KyHealth Choices* 1115 Waiver
- Integrate 1915 waivers
- CDO for long term care plans
- Self-Determination Pilot
  - 150 participants
  - ABI, MR/DD, Frail and Elderly
  - Self-Determination and Waiver Integration Teams



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## **Quality Measures for Kentucky's Self-Directed Programs**

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## **Individual Outcomes**



- People participate in life of community
- People realize personal goals
- People have the best possible health
- People are free from abuse neglect and exploitation

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## **TOOLS**

- Person Centered Planning
- Support Brokerage
- Individual Budgeting
- Fiscal Management
- Ongoing QM System

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## Implementation Issues

- Training
  - Providers
    - Purpose of CDO and Self-Determination
    - Fear reduction
  - Individuals and Families
    - Employee management
    - Incident reporting
    - Fiscal management
  
- Incident Reporting
  - Fear of reporting family members or staff
  - Knowledge of what should be reported

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## LESSONS LEARNED

- **Ensure buy in from everyone**
- **Expect significant control factors**
  - Medicaid
  - Providers
  - Consumer/families
- **Develop clear outcomes**
  - Programs
  - Teams/committees
- **Develop clear parameters**
  - Health and safety
  - Taxpayer responsibility
  - Individual freedom

