



*"My schedule works around me!"* -- Steve F.



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Office for People With  
Developmental Disabilities



Office for People With  
Developmental Disabilities



# MY LIFE MY CHOICE

Self-Directed Services  
for People with Developmental Disabilities



(866) 946-9733 | NY Relay System 711

[www.opwdd.ny.gov](http://www.opwdd.ny.gov)

# Self-Directed Services for People with Developmental Disabilities

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.

**With help from your Care Manager and the people who support you,**

**YOU** choose the services you want and need.

**YOU** choose the staff you want to work with.

**YOU** hire and supervise your staff.

**Self-Direction gives YOU more control over how you structure your life.**



## How Does Self-Direction Work?

Self-Direction starts with a planning process to help you figure out what supports are most important to you.

**You can choose to self-direct some or all of the services that help you:**

- Live in the home and community of your choice,
- Work, volunteer and do activities you enjoy,
- Have relationships with family and friends, and
- Be healthy.

Your Care Manager and Regional Self-Direction Liaison can help you learn about what service options exist for you.

## Who Will Help Me Get Started?

If you choose to self-direct, you will work with a team of people who will help you select your services and put together a budget. This team, or Circle of Support, is a group of people chosen by you.

Your Circle of Support could include family and close friends, your Care Manager, a Support Broker and staff who know you well.

## What is a Support Broker?

If you want to control how the funds in your budget are spent, you can hire a Support Broker to help you. Your Broker will build a self-directed budget WITH YOU based on the services and supports you need.

Your Broker can also help you develop a plan to work towards outcomes you want to achieve in life.

## Is Self-Direction Right For Me?

If you are eligible for OPWDD services and enrolled in the Home and Community Based Services (HCBS) Waiver, you can choose Self-Direction.

**Self-Direction may be right for you if:**

- You want more flexibility with your services and schedule,
- You are ready to make decisions about your services on your own or with help, and
- You want to take more responsibility for managing your services.

Before you get started, take time to think about what kinds of support you need at home, in your community and in your daily life.

*If you try self-directing your services and it's not right for you, you can always switch back to a more traditional model of supports.*

*“It feels good to have a say in every aspect of my life.”* – Ed B.

## Taking Steps Toward Self-Direction

To learn more about Self-Direction, talk to your Care Manager and Regional Self-Direction Liaison.

You can learn more and find your Self-Direction Liaison on OPWDD's Self-Direction website at [www.opwdd.ny.gov/selfdirection](http://www.opwdd.ny.gov/selfdirection).

Your Care Manager and Self-Direction Liaison will guide you through the steps you need to take to start living a self-directed life.

*“I’m very glad I did it (Self-Direction). I’m a much happier, much more confident person and I’m doing things that I love.”* – Cathy T.