

# Adults with functional disabilities who live in their own home can self-direct their health related tasks.

## *What is Self-Directed Care?*

We perform many health-care tasks for ourselves. We open a bottle of prescription medication and take it as ordered. Perhaps we have a long-standing health problem, such as diabetes, and we monitor our blood sugar level. Other health care tasks could include special bowel programs, bladder catheterization, or wound care.

However, what if a functional disability prevents an adult from physically performing a health-care function that he or she would normally do? An adult with a disability can now choose to direct and supervise a paid personal aide or Individual Provider (IP) to perform such tasks. (An aide paid by home care agency cannot perform such tasks.) In 1999 a law was passed which established this right of self-directed care.

*If you have a disability, live at home, are age 18 or older, and want to self-direct your own health care, you are responsible for the following:*

- ▶ You must tell the health care professional who has ordered the treatment that you want to direct a personal aide or IP to perform the task.
- ▶ You must have the necessary knowledge and ability to train someone to perform the tasks.
- ▶ You must train the personal aide or IP to perform the tasks.
- ▶ You must supervise the performance of the personal aide or IP.

### IF YOU RECEIVE STATE FUNDING,

- ▶ Be sure the IP receives a copy of your service plan.
- ▶ Give the name of the IP or personal aide to your case manager or social worker. The case manager or social worker will register your provider. DSHS will do a criminal history background check on personal aides, and will maintain a registry of personal aides who have been found to abuse, neglect or exploit people. DSHS will not pay providers who have a criminal history.

## Questions?

---

For more information  
contact Patty McDonald,  
Program Manager with  
Aging and Long-Term  
Support Administration  
1-800-422-3263 or  
TTY 1-800-737-7931.



DSHS 22-388(X) (Rev. 7/14)

It is the policy of the Department of Social and Health Services that people shall not be discriminated against because of race, color, national origin, creed, religion, sex, age, or disability.

Washington State Department of Social and Health Services  
Aging and Long-Term Support Administration  
P.O. Box 45600  
Olympia, WA 98504-5600

PRESORTED  
STD.  
U.S. POSTAGE PAID  
Olympia,  
Washington  
Permit No. 297

# Self-Directed Care

*How This Civil Rights Law  
in Washington State Affects You*

**Aging and Long-Term  
Support Administration**

Washington State Department  
of Social and Health Services