

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 prescribed by a health care professional 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 (HB 1880, State of Washington) 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 care aide (Individual Provider) 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 to your case manager or social worker. The case manager or social worker will authorize Consumer Direct of Washington (CDWA) who employs your IP. Contact CDWA to let them know you are self-directing your IP. CDWA will do a criminal history background check on IPs. CDWA will not pay IPs who have a criminal history. DSHS maintains a registry of personal aides who have been found to abuse, neglect or exploit people.

Questions?

For more information contact
Aging and Long-Term
Support Administration:
206-348-2698
TRS: 711 or 1-800-974-1598



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Self-Directed Care

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