

Is the Self-Directed Supports Option Right for You?

Think about the following questions:

- Does self-directing my supports and providers interest me?
- How much responsibility do I want?
- Do I have health and safety issues and how will I deal with them?
- Do I have family, friends, or others who could help me with doing the tasks the way I want them done?



Can My Participation in SDS Be Limited?

NorthernBridges care teams are responsible for your health and safety, and ensuring that funds are being used responsibly. NorthernBridges may limit your participation in SDS if:

- You are not staying within your set plan and budget.
- You are using resources in a way that is illegal.
- Your health and safety or another person's health and safety is threatened.
- Someone else is making decisions for you that are not based on what you want.

For more information on Self-Directed Supports, contact your care manager or visit www.northernbridges.com



Self-Directed Supports

Family Care offers you a variety of ways to direct your own services



Is SDS right for you?



What Is Self-Directed Supports?

Self-Directed Supports, or SDS, is an option within Family Care available to you if you want to be more involved in the direction of your own services. If you choose SDS:

- you may decide who you want to provide your services and supports,
- you may control your own budget for services,
- you may have control over your providers including hiring, training, supervising, and firing your direct care workers.

How Much or How Little You Self Direct Is Up to You

You can choose to direct some or all of your supports with as much or as little help as you need.

You will not have to do everything on your own. Your NorthernBridges care team will always be there for support.

NorthernBridges has also contracted with fiscal agents and co-employment agencies to help you manage your budget and providers.

What Is a Fiscal Agent?

This is an SDS service provider who will manage payroll functions and do employee background checks for you.

What Is a Co-Employer?

This is an SDS service provider who can do the following tasks for the workers you select:

- recruitment
- interviews & hiring
- training
- background checks
- payroll
- dismissal

How to Get Started

If you choose SDS, your care team will meet with you to help:

Create a plan...

that is centered around you and your personal goals.

Decide how much you want to do...

and what training or resources you will need to participate in SDS in the way you would like to.

Develop a budget...

based on what NorthernBridges would have spent on your services.



Choose and arrange support services...

letting you decide how, when, and who provides these services.

Hire and pay providers...

through either a co-employer or fiscal agent.

What if SDS Does Not Work for Me?

You can stop participating in SDS at any time and your care team will take care of managing your care plan. You can also work with your care team to find ways to make SDS work better for you.